



# Better Health Begins With You!

የተሟላ ጤንነት ባለቤት ለመሆን የርስዎን

ግንባር ቀደም ጥረት ይጠይቃል።

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ዝቅተኛ ስብ ያላቸውን ዳቦ፣ ጥራጥሬ፣ ሩዝና ፓስታ በትንንሹ ከ 6-11 ጊዜ

በየቀኑ ይመገቡ። ለምሳሌ ቁርስ እጃ፣ ምሣሳ ሳንድዊች፣ ራት ደግሞ ባዶ ሩዝ

ቢመገቡ መልካም ነው።

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ፍራፍሬና አታክልት አምስት ጊዜ በቀን ቢመገቡ የተሻለ ይሆናል። ለምሳሌ

የብርቱካን ጭማቂ ከቁርስ ጋር፣ ምሣሳ ሠላጣ፣ ራት አረንጓዴ ባቄላ የተቀቀለ

ድንችና ወይን።

3. Drink at least 8 glasses of pure, fresh water every day.

ቢያንስ 8 ብርጭቆ የተጣራ ውሀ በየቀኑ ይጠጡ።

4. Eat lean, low-fat meats, such as chicken or fish.

አነስተኛ ስብ ያላቸውን ለስላሣ ስጋ ይመገቡ። (ዶር፣ አሣ)

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

አነስተኛ ስብ ወይም ምንም ስብ የሌላቸውን የወተት ውጤቶችን ይምረጡ።

(የቀዘቀዘ እርጎ፣ አጓት)

6. Limit your intake of sweets and alcoholic beverages.

የከረጫላና ተዛማጅ ጣፋጭ ነገሮችን እንዲሁም የአልኮል መጠጥ ፍጆታዎችን

በልኩ ያድርጉት።

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

የተለያዩ ስፖርታዊ እንቅስቃሴዎችን ያድርጉ።

(የእግር ጉዞ፣ ዳንስ፣ ቲኒስ ወዘተ)

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ከከብት ከሚገኝ ስብ ይልቅ ከሌሎች የእህል አይነቶች በተጨማሪ ዘይት

ምግብን ቢሠሩ፣ በኮሌስትሮል (Cholesterol) ከመጠቃት ያመልጣሉ።

(ካናላ ዘይት)

Amharic Language Version

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# Good Food for Kids

## ጥሩ ምግብ ለልጆች

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

ካልሲየም የሰውነታችን አጥንቶች እንዲጠነክሩና እንዲያድጉ ይረዳል። ወተት፣

እርጉ፣ አጥንት ያለው አሳ፣ ልዩ ልዩ አረንጓዴ አታክልት (ብርኮሊ) መመገብ

አስፈላጊውን የካልሲየም መጠን እንድናገኝ ይረዳናል።

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

አይረን በተባለው ንጥረ ምግብ አማካኝነት ሰውነታችን አስፈላጊውን ሀይልና

ጉልበት እንድናመርት ይረዳናል። ቀይ ስጋ፣ ዶሮ፣ ተርኪ፣ ዳክዩ፣ አሳና

ደረቅ ባቄላ በመመገብ አስፈላጊውን አይረን ሰውነታችን ማግኘት ይችላል።

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ካሮት፣ ሲፒናች፣ የአበሻ ጎመን፣ ፍራፍሬና አታክልት በመመገብ ሻይታሚን ኤና

ሻይታሚን ሲ ማግኘት እንችላለን።

ሻይታሚን ኤ ለአይናችን የጠራ እይታና ለቆዳችን ጤንነት የሚረዳ ሲሆን፣

ሻይታሚን ሲ ደግሞ ድዳችንን ከተለያዩ በሽታዎች ይከላከላል።

4. Energy is important and comes from breads, rice, cereal, and pasta.

ዳቦ፣ ሩዝ፣ ጥራጥሬና ፓስታ መመገብ ሰውነታችን የሚያስፈልገውን ሀይል

እንዲያመርት ይረዳዋል።

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ለጤና የሚስማማ መክሰስ (Snack) ፍራፍሬ፣ አታክልት፣ ወተትና የወተት

ውጤቶችንና ለውዝን ያካትታል። እነዚህም የመክሰስ አይነቶች ከደረቅ የድንች

ጥብስ፣ ከጣፋጭ ነገሮች የተሻለ ለልጆች ጤና የተስማሙ ከመሆናቸውም ሌላ

በተመጋቢዎቹ ጥርስ ላይ የሚያመጡት ችግር የለም።

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

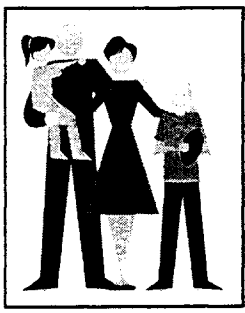
ልጆች የተስተካከለና ጠንካራ የሆነ የሰውነት ቅርፅ እንዲኖራቸው በቀን

በቀን ኤክሰርሳይስ ማድረግ አለባቸው።

Amharic Language Version

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# Better Health Begins With You!

## بداية الصحة الجيدة تكون منك أنت

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

تناول ٦ إلى ١١ حصة قليلة الدسم من الخبز أو السيريال أو الأرز أو الباستا يوميا . تناول مثلاً الشوفان (أوت ميل) للفقور وساندويشة للفقاء ورز خالص للفقاء .

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

تناول ٥ حصص من الفواكه والخضروات يوميا ، فعلى سبيل المثال يمكنك تناول عصير برتقال للفقور وأكل وجبة سلطة للفقاء وتناول بقول خضراء وبطاطا مسلوقة وعنب للفقاء .

3. Drink at least 8 glasses of pure, fresh water every day.

اشرب على الأقل ٨ أكواب من الماء النقي العذب كل يوم .

4. Eat lean, low-fat meats, such as chicken or fish.

كل من اللحوم الهيرة قليلة الدسم مثل الدجاج أو السمك .

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

اختر مشتقات لبنية قليلة الدسم أو خالية من الدسم مثل الحليب المقشود واللبن المثلج .

6. Limit your intake of sweets and alcoholic beverages.

تناول الحد الأدنى من الحلويات والمشروبات الكحولية .

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

قم بنشاط بدني يوميا كالمشي أو الرقص أو اللعب .

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

استعمل زيت خضار أو زيت الكانولا للطبخ بدلا من شحم الخنزير أو الشحوم الحيوانية الأخرى . الزيوت النباتية أفضل لصحتك لأنها لا تحتوي على كوليسترول .

### Arabic Language Version

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# Good Food for Kids

## طعام أفضل للأطفال

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

الكالسيوم مطلوب لتكوين العظام والنمو ، ويوجد في الحليب واللبن والسمك الذي له حسك وبعض الخضروات داكنة الخضرة مثل البركولي .

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

الحديد يساعد الجسم على إنتاج الطاقة ، ويوجد في اللحم الأحمر والدواجن والسمك والبقول المجففة .

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

الجزر والسبانخ وغيرها من الفواكه والخضروات غنية بفيتامين A وفيتامين C . فيتامين A مهم للنظر الجيد وصحة الجلد وفيتامين C يقوي اللثة ويحفظها من التلوث .

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

الطاقة مهمة وتأتي من الخبز والأرز والسيرال والباستا .

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

تناول أطعمة صحية للوجبات الخفيفة مثل الفواكه والخضار والمشتقات اللبنية والبنديق ، وهذه الأطعمة مغذية وصحية ، وهي أفضل لأسنان الأولاد من المشروبات الغازية (صودا) ورقاقات البطاطس (تشيبس) والحلويات .

**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

النشاطات البدنية اليومية مهمة للأطفال كي تنمو أجسامهم قوية صحية .

### Arabic Language Version

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# Better Health Begins With You!

সুস্বাস্থ্য আপনার সাথেই শুরু হয়

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

প্রতিদিন ৮ থেকে ১১ ছোট ছোট পরিবেশন নিতে পারেন — কম-চর্বিযুক্ত রুটি, শস্যজাত খাবার, ভাত কিম্বা পাস্তা। যেমন : সকালের নাস্তার জন্য ওটমিল, দুপুরের খাবারের জন্য স্যাণ্ডউইচ, এবং রাতের খাবারের জন্য সাদা ভাত।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

প্রতিদিন ৫ পরিবেশনে ফলমূল ও শাকসব্জি খেতে পারেন। যেমন : সকালের নাস্তার জন্য কমলালেবুর রস, দুপুরের খাবারের জন্য স্যালাড, রাতের খাবারের জন্য কিছু সবুজ সিম/কড়াই-মটরগুঁটি, সিদ্ধ আলু এবং আগুর।

3. Drink at least 8 glasses of pure, fresh water every day.

প্রতিদিন অন্ততঃপক্ষে ৮ গ্লাস বিশুদ্ধ টাটকা জল পান করবেন।

4. Eat lean, low-fat meats, such as chicken or fish.

চর্বিহীন, কম-চর্বিযুক্ত মাংস, যেমন মুরগীর মাংস, কিম্বা মাছ খাবেন।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

কম-চর্বিযুক্ত কিম্বা চর্বিহীন দুগ্ধজাত খাবার, যেমন : সর-তোলা দুধ এবং হিমায়িত দই খাবেন।

6. Limit your intake of sweets and alcoholic beverages.

মিষ্টি এবং সুরাবিশিষ্ট পানীয়-র মাত্রা নিয়ন্ত্রণে রাখবেন।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

প্রতিদিন যে কোনো রকমের দৈহিক ক্রিয়াকলাপে অংশগ্রহণ করবেন। হাঁটবেন, নাচে যোগ দেবেন, অথবা খেলাধুলা করবেন।

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

রান্নার জন্য ভেজিটেবল অথবা ক্যানোলা তেল ব্যবহার করবেন শূকরচর্বি বা পশুচর্বির পরিবর্তে। ভেজিটেবল তেল আপনার জন্য সবচেয়ে ভাল কারণ এতে কোলেস্টেরল নেই।

Bengali Language Version

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# Good Food for Kids

শিশুদের জন্য সুখাদ্য

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

শরীরের হাড়ের ক্রমোন্নতি ও বৃদ্ধিসাধনের জন্য ক্যালসিয়াম প্রয়োজন। এটি পাওয়া যায় দুধ, দই, কাঁটাযুক্ত মাছ এবং ব্রোকোলি-জাতীয় কিছু গাঢ় সবুজ সব্জি থেকে।

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

শরীরে শক্তি উৎপাদন করতে সাহায্য করে আইরন। এটি পাওয়া যায় গরু/ভেড়া/ছাগল ও মুরগী-জাতীয় মাংসে, মাছে ও শুকনো সিম/কড়াই-মটরগুঁটিতে।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

গাজর, শাক এবং অন্যান্য ফলমূল ও সব্জিতে যথেষ্ট পরিমাণ ভিটামিন 'এ' এবং ভিটামিন 'সি' থাকে। ভিটামিন 'এ' ভাল দৃষ্টিশক্তি ও স্বাস্থ্যবান ত্বকের সহায়ক। ভিটামিন 'সি' দাঁতের মাড়ী সুস্থ ও রোগমুক্ত রাখে।

4. Energy is important and comes from breads, rice, cereal, and pasta.

কর্মশক্তি অত্যন্ত প্রয়োজনীয় এবং তা আসে রুটি, ভাত, শস্যজাতীয় খাবার ও পাস্তা থেকে।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

স্বাস্থ্যসম্মত নাস্তা খাবেন যেমন : ফলমূল, শাকসব্জি, দুগ্ধজাতীয় খাবার এবং বাদাম। এগুলি খুব পুষ্টিকর, এবং শিশুদের দাঁতের জন্য উপকারী (সোডা, চিপস ও মিষ্টির চাইতে)।

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

প্রাত্যহিক শারীরিক তৎপরতা শিশুদের জন্য অত্যন্ত প্রয়োজন যেন তাদের শরীর শক্তিশালী ও স্বাস্থ্যসম্মতভাবে বেড়ে ওঠে।

Bengali Language Version

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# Better Health Begins With You!

সুস্বাস্থ্য আপনার সাথেই শুরু হয়

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

প্রতিদিন ৮ থেকে ১১ ছোট ছোট পরিবেশন নিতে পারেন — কম-চর্বিযুক্ত রুটি, শস্যজাত খাবার, ভাত কিম্বা পাস্তা। যেমন : সকালের নাস্তার জন্য ওটমিল, দুপুরের খাবারের জন্য স্যাণ্ডউইচ, এবং রাতের খাবারের জন্য সাদা ভাত।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

প্রতিদিন ৫ পরিবেশনে ফলমূল ও শাকসব্জি খেতে পারেন। যেমন : সকালের নাস্তার জন্য কমলালেবুর রস, দুপুরের খাবারের জন্য স্যালাড, রাতের খাবারের জন্য কিছু সবুজ সিম/কড়াই-মটরগুঁটি, সিদ্ধ আলু এবং আগুর।

3. Drink at least 8 glasses of pure, fresh water every day.

প্রতিদিন অন্ততঃপক্ষে ৮ গ্লাস বিশুদ্ধ টাটকা জল পান করবেন।

4. Eat lean, low-fat meats, such as chicken or fish.

চর্বিহীন, কম-চর্বিযুক্ত মাংস, যেমন মুরগীর মাংস, কিম্বা মাছ খাবেন।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

কম-চর্বিযুক্ত কিম্বা চর্বিহীন দুগ্ধজাত খাবার, যেমন : সর-তোলা দুধ এবং হিমায়িত দই খাবেন।

6. Limit your intake of sweets and alcoholic beverages.

মিষ্টি এবং সুরাবিশিষ্ট পানীয়-র মাত্রা নিয়ন্ত্রণে রাখবেন।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

প্রতিদিন যে কোনো রকমের দৈহিক ক্রিয়াকলাপে অংশগ্রহণ করবেন। হাঁটবেন, নাচে যোগ দেবেন, অথবা খেলাধুলা করবেন।

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

রান্নার জন্য ভেজিটেবল অথবা ক্যানোলা তেল ব্যবহার করবেন শূকরচর্বি বা পশুচর্বির পরিবর্তে। ভেজিটেবল তেল আপনার জন্য সবচেয়ে ভাল কারণ এতে কোলেস্টেরল নেই।

Bengali Language Version

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# Good Food for Kids

শিশুদের জন্য সুখাদ্য

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

শরীরের হাড়ের ক্রমোন্নতি ও বৃদ্ধিসাধনের জন্য ক্যালসিয়াম প্রয়োজন। এটি পাওয়া যায় দুধ, দই, কাঁটাযুক্ত মাছ এবং ব্রোকোলি-জাতীয় কিছু গাঢ় সবুজ সব্জি থেকে।

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

শরীরে শক্তি উৎপাদন করতে সাহায্য করে আইরন। এটি পাওয়া যায় গরু/ভেড়া/ছাগল ও মুরগী-জাতীয় মাংসে, মাছে ও শুকনো সিম/কড়াই-মটরগুঁটিতে।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

গাজর, শাক এবং অন্যান্য ফলমূল ও সব্জিতে যথেষ্ট পরিমাণ ভিটামিন 'এ' এবং ভিটামিন 'সি' থাকে। ভিটামিন 'এ' ভাল দৃষ্টিশক্তি ও স্বাস্থ্যবান ত্বকের সহায়ক। ভিটামিন 'সি' দাঁতের মাড়ী সুস্থ ও রোগমুক্ত রাখে।

4. Energy is important and comes from breads, rice, cereal, and pasta.

কর্মশক্তি অত্যন্ত প্রয়োজনীয় এবং তা আসে রুটি, ভাত, শস্যজাতীয় খাবার ও পাস্তা থেকে।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

স্বাস্থ্যসম্মত নাস্তা খাবেন যেমন : ফলমূল, শাকসব্জি, দুগ্ধজাতীয় খাবার এবং বাদাম। এগুলি খুব পুষ্টিকর, এবং শিশুদের দাঁতের জন্য উপকারী (সোডা, চিপস ও মিষ্টির চাইতে)।

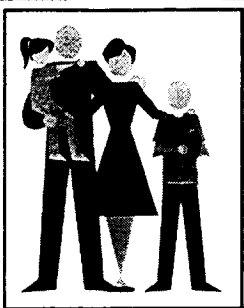
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

প্রাত্যহিক শারীরিক তৎপরতা শিশুদের জন্য অত্যন্ত প্রয়োজন যেন তাদের শরীর শক্তিশালী ও স্বাস্থ্যসম্মতভাবে বেড়ে ওঠে।

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# Better Health Begins With You!

## Bolje Zdravlje Počinje sa Vama!

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Dnevno uzmite 6 do 11 malih porcija hljeba malog procenta masnoće, cerealija, pirinča ili testenina. Naprimjer, za doručak ovsena kaša, sendvič za ručak, i nezačinjen pirinač za večeru.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Uzmite svakoga dana po 5 porcija voća i povrća. Naprimjer, za doručak možete imati sok od narandže, za ručak salatu, i malo zelenog povrća sa kuvanim krompirom i grožđem uveče.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Popite najmanje 8 čaša čiste, sveže vode dnevno.

4. **Eat lean, low-fat meats, such as chicken or fish.**

Jedite posno meso malog procenta masnoće, pileće ili ribu.

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Od mlječnih proizvoda birajte one sa malo ili nimalo procenta masnoće, kao naprimjer obrano mlijeko ili voćni jogurt.

6. **Limit your intake of sweets and alcoholic beverages.**

Ograničite količinu slatkiša i alkoholnih napitaka.

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Svakoga dana budite fizički aktivni. Šetajte, plešite ili igrajte.

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Za kuvanje koristite biljno ili canola ulje umjesto sala ili životinjskih masti. Biljna ulja su bolja za vas jer ne sadrže holesterol.

### Bosnian Language Version

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# Good Food for Kids

## Dobra Hrana za Decu

1. **Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

Kalcijum je potreban za razvoj kostiju i rast. Ima ga u mlijeku, jogurtu, ribi sa kostima i nekom tamno zelenom povrću, kao što je brokoli.

2. **Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Gvožđe pomaže telu da proizvodi energiju. Ima ga u crvenom mesu, živini, ribi i sasušenom zrnevlju.

3. **Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Šargarepa, spanać i drugo voće i povrće su bogati vitaminom A i vitaminom C. Vitamin A je važan za dobar vid i zdravu kožu. Vitamin C održava zdravim desni i štiti od infekcije.

4. **Energy is important and comes from breads, rice, cereal, and pasta.**

Energija je važna i dobija se iz hljeba, pirinča, cerealija i testenina.

5. **Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Za užinu birajte zdravu hranu kao što su voće, povrće, mlječni proizvodi i orasi. Oni su hranljiviji i bolji za dečije zube od soda, čipsa i slatkiša.

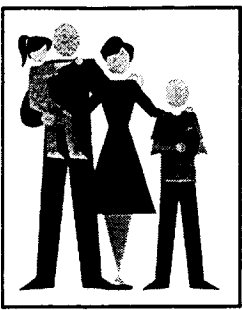
6. **Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Dnevne fizičke aktivnosti su važne za decu i čine da telo raste jako i zdravo.

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3. **Drink at least 8 glasses of pure, fresh water every day.**

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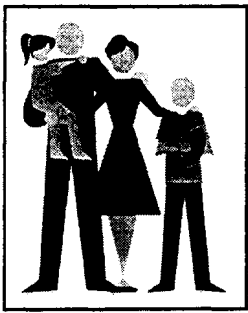
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# Better Health Begins With You!

## សុខភាពល្អប្រសើរចាប់ផ្តើមជាមួយនិរន្តរ៍!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

បរិភោគនំប៉័ង សេដ៍អាប បាយ ឬ ប៉ាស្តា ដែលមានជាតិខ្លាញ់តិច អោយបានចំនួន៦ទៅ១១ដងរាល់ថ្ងៃ។  
ឧបមាដូចជា ទទួលបាននំអាវ៉ិននៅពេលព្រឹក នំប៉័ងដាក់សាច់សំរាប់ពេល ថ្ងៃត្រង់ និង បាយសុទ្ធសំរាប់អាហារពេលល្ងាច។

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

រាល់ថ្ងៃត្រូវទទួលបានផ្លែឈើនិងបន្លែ អោយបានចំនួន៥ដងរាល់ថ្ងៃ។ ឧទាហរណ៍ អ្នកផឹកទឹកក្រូច នៅពេលព្រឹក ញ៉ាំសាឡាដ៍ពេលថ្ងៃត្រង់ និងនៅពេលអាហារល្ងាចទទួលបានសណ្តែកខៀវនិង ដំឡូង ស្ពោរ និង ផ្លែទំពាំងបាយជូរផង។

3. Drink at least 8 glasses of pure, fresh water every day.

ផឹកទឹកសុទ្ធយ៉ាងហោចណាស់អោយបាន ៨កែវរៀងរាល់ថ្ងៃ។

4. Eat lean, low-fat meats, such as chicken or fish.

ទទួលបានសាច់ស្អាត សាច់ដែលមានខ្លាញ់តិច ដូចជាសាច់មាន់ និង ត្រី។

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ជ្រើសយកចំណីអាហារមានជាតិទឹកដោះដែលមានខ្លាញ់តិច ឬក៏គ្មានខ្លាញ់សោះ ដូចជាទឹកដោះគោដែលគេ បានយកជាតិក្រៃមចេញអស់ហើយ និង យ៉ូហ្គឺតកក។

6. Limit your intake of sweets and alcoholic beverages.

កម្រិតនូវការទទួលបានបង្កែម និង មាសផ្ទះដែលមានជាតិស្រវឹង។

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ចូលរួមចំណែកខ្លះក្នុងការហាត់ប្រាណរៀងរាល់ថ្ងៃ។ ដើរលេង រាំ ឬ លេងកំសាន្ត។

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ដើម្បីធ្វើការចម្អិនម្ហូបអាហារ ត្រូវប្រើប្រេងបន្លែ ឬប្រេងកាណូឡា ជំនួសខ្លាញ់ជ្រូក ឬខ្លាញ់សត្វ។ ប្រេង បន្លែល្អប្រសើរសំរាប់អ្នក ពីព្រោះវាគ្មានកូលេស្តេរ៉ុលទេ។

### Cambodian Language Version

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# Good Food for Kids

## ម្ហូបអាហារល្អសំរាប់កុមារ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

កាល់ស៊ីយ៉ូម គឺជាជីវជាតិចាំបាច់សំរាប់ជួយអោយឆ្អឹងមានការចម្រើនលូតលាស់។ ជីវជាតិនេះមាននៅក្នុង ទឹកដោះគោ យ៉ូហ្គឺរត ត្រីមានឆ្អឹង និង បន្លែស្រស់ខ្លះដូចប្រូកកូលីជាដើម។

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ជាតិដែកជួយដល់រាងកាយក្នុងការបង្កើតថាមពល។ គេរកឃើញជាតិដែកមាននៅក្នុងសាច់ស្រស់ សាច់ មាន់ ត្រី និង សណ្តែកក្រៀម។

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ការ៉ុត ស្ពីណាច ព្រមទាំងផ្លែឈើនិងបន្លែខ្លះទៀតមានវីតាមីន A និងវីតាមីន C ច្រើនណាស់។ វីតាមីន A មានសារៈសំខាន់សំរាប់ភ្នែកមើលបានក្លឹច្បាស់ និង ស្បែកបានល្អ។ វីតាមីន C ជួយរក្សាអញ្ចាញធ្មេញ ជើងធ្មេញអោយបានល្អ និង ការការពារបំបាត់ការចម្លងរោគ។

4. Energy is important and comes from breads, rice, cereal, and pasta.

ថាមពលមានសារៈសំខាន់ ហើយមាននៅក្នុងនំប៉័ង បាយ សេដ៍អាល និង ប៉ាស្តា។

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ជ្រើសយកចំណីសំរាប់ទទួលទានលេងដែលមានសុខភាពល្អដូចជា ផ្លែឈើ បន្លែ ចំណីអាហារមានជាតិ ទឹកដោះគោ និង គ្រាប់ផ្លែឈើ។ ចំណីអាហារនេះបំប៉នអោយវិវត្តផ្គុំ និងប្រសើរដល់ធ្មេញរបស់ក្មេង ជាងការទទួលទានទឹកក្រូច ឈឺប និង បន្លែម។

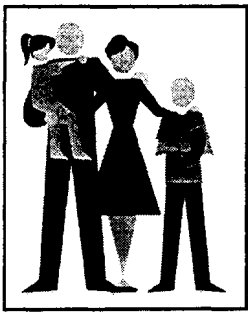
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ការហាត់ប្រាណរៀងរាល់ថ្ងៃមានប្រយោជន៍ដល់កុមារ។ គឺធ្វើអោយរាងកាយកុមារបានធំឆ្លាត់លូតលាស់ រឹងប៉ឹង និងប្រកបដោយសុខភាពល្អផង។

Cambodian Language Version

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# Better Health Begins With You!

## សុខភាពល្អប្រសើរចាប់ផ្តើមជាមួយនិរន្តរ៍!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

បរិភោគនំប៉័ង សេដ៍អាប បាយ ឬ ប៉ាស្តា ដែលមានជាតិខ្លាញ់តិច អោយបានចំនួន៦ទៅ១១ដងរាល់ថ្ងៃ។  
ឧបមាដូចជា ទទួលបាននំអាវ៉ិននៅពេលព្រឹក នំប៉័ងដាក់សាច់សំរាប់ពេល ថ្ងៃត្រង់ និង បាយសន្លប់សំរាប់អាហារពេលល្ងាច។

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

រាល់ថ្ងៃត្រូវទទួលបានផ្លែឈើនិងបន្លែ អោយបានចំនួន៥ដងរាល់ទទួលបាន។ ឧទាហរណ៍ អ្នកផឹកទឹកក្រូច នៅពេលព្រឹក ញ៉ាំសាឡាដ៍ពេលថ្ងៃត្រង់ និងនៅពេលអាហារល្ងាចទទួលបានសណ្តែកខៀវនិង ដំឡូង ស្ពោរ និង ផ្លែទំពាំងបាយជូរផង។

3. Drink at least 8 glasses of pure, fresh water every day.

ផឹកទឹកស្អាតយ៉ាងហោចណាស់អោយបាន ៨កែវរៀងរាល់ថ្ងៃ។

4. Eat lean, low-fat meats, such as chicken or fish.

ទទួលបានសាច់ស្អាត សាច់ដែលមានខ្លាញ់តិច ដូចជាសាច់មាន់ និង ត្រី។

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ជ្រើសយកចំណីអាហារមានជាតិទឹកដោះដែលមានខ្លាញ់តិច ឬក៏គ្មានខ្លាញ់សោះ ដូចជាទឹកដោះគោដែលគេ បានយកជាតិក្រៃមចេញអស់ហើយ និង យ៉ូហ្គឺតកក។

6. Limit your intake of sweets and alcoholic beverages.

កម្រិតនូវការទទួលបានបង្កែម និង មាសផ្ទះដែលមានជាតិស្រវឹង។

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ចូលរួមចំណែកខ្លះក្នុងការហាត់ប្រាណរៀងរាល់ថ្ងៃ។ ដើរលេង រាំ ឬ លេងកំសាន្ត។

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ដើម្បីធ្វើការចម្អិនម្ហូបអាហារ ត្រូវប្រើប្រេងបន្លែ ឬប្រេងកាណូឡា ជំនួសខ្លាញ់ជ្រូក ឬខ្លាញ់សត្វ។ ប្រេង បន្លែល្អប្រសើរសំរាប់អ្នក ពីព្រោះវាគ្មានកូលេស្តេរ៉ុលទេ។

### Cambodian Language Version

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# Good Food for Kids

## ម្ហូបអាហារល្អសំរាប់កុមារ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

កាល់ស៊ីយ៉ូម គឺជាជីវជាតិចាំបាច់សំរាប់ជួយអោយឆ្អឹងមានការចម្រើនលូតលាស់។ ជីវជាតិនេះមាននៅក្នុង ទឹកដោះគោ យ៉ូហ្គឺរត ត្រីមានឆ្អឹង និង បន្លែស្រស់ខ្លះដូចប្រូកកូលីជាដើម។

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ជាតិដែកជួយដល់រាងកាយក្នុងការបង្កើតថាមពល។ គេរកឃើញជាតិដែកមាននៅក្នុងសាច់ស្រស់ សាច់ មាន់ ត្រី និង សណ្តែកក្រៀម។

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ការ៉ុត ស្ពីណាច ព្រមទាំងផ្លែឈើនិងបន្លែខ្លះទៀតមានវីតាមីន A និងវីតាមីន C ច្រើនណាស់។ វីតាមីន A មានសារៈសំខាន់សំរាប់ភ្នែកមើលបានក្តីច្បាស់ និង ស្បែកបានល្អ។ វីតាមីន C ជួយរក្សាអញ្ចាញធ្មេញ ជើងធ្មេញអោយបានល្អ និង ការការពារបំបាត់ការចម្លងរោគ។

4. Energy is important and comes from breads, rice, cereal, and pasta.

ថាមពលមានសារៈសំខាន់ ហើយមាននៅក្នុងនំប៉័ង បាយ សេដ៍អាល និង ប៉ាស្តា។

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ជ្រើសយកចំណីសំរាប់ទទួលទានលេងដែលមានសុខភាពល្អដូចជា ផ្លែឈើ បន្លែ ចំណីអាហារមានជាតិ ទឹកដោះគោ និង គ្រាប់ផ្លែឈើ។ ចំណីអាហារនេះបំប៉នអោយវិវត្តន៍ និងប្រសើរដល់ធ្មេញរបស់ក្មេង ជាងការទទួលទានទឹកក្រូច ឈឺប និង បន្លែម។

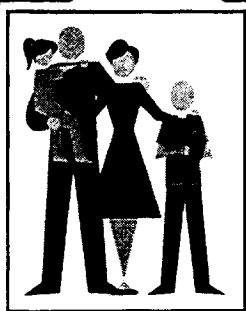
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

ការហាត់ប្រាណរៀងរាល់ថ្ងៃមានប្រយោជន៍ដល់កុមារ។ គឺធ្វើអោយរាងកាយកុមារបានធំឆ្អឹងលូតលាស់ រឹងប៉ឹង និងប្រកបដោយសុខភាពល្អផង។

Cambodian Language Version

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# Better Health Begins With You!

## 健康從你開始!

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

每天吃6 - 8小份低脂肪的面包，麥粥，米飯或面條。例如，早餐選麥片粥，中餐吃三明治，晚飯吃白飯。

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

每天吃5份蔬菜和水果。例如，你可以早餐喝桔汁，午餐吃色拉，晚餐吃新鮮的豆子和炖土豆。

**3. Drink at least 8 glasses of pure, fresh water every day.**

每天至少喝8杯純淨新鮮的水。

**4. Eat lean, low-fat meats, such as chicken or fish.**

吃低脂肪的瘦肉，如雞和魚。

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

選擇低脂或無脂的奶制品，如脫脂牛奶和凍酸奶。

**6. Limit your intake of sweets and alcoholic beverages.**

少吃甜食，少喝含酒精的飲料。

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

每天參加一定形式的體力活動，散步，跳舞或遊戲。

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

用植物油代替豬油或動物油做菜。蔬菜油不含膽固醇，更有益人體。

### Chinese Language Version

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# Good Food for Kids

## 有利兒童的食物

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

骨骼的生長發育需要鈣。含鈣的食物包括鮮奶，酸奶，帶骨的魚類，一些深色的蔬菜，如西蘭花。

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

鐵幫助人體產生能量。富含鐵的食品包括牲畜肉，家禽，魚，幹豆等。

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

胡蘿卜，菠菜及其他蔬菜水果富含維他命A和維他命C。維他命A對良好的視力和健康的皮膚很重要。維他命C有助於保持牙齦健康和抵抗疾病傳染。

4. Energy is important and comes from breads, rice, cereal, and pasta.

人體所需的能量很重要，它主要來自于面包，米飯，麥片粥和面條。

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

選擇有利健康的零食，如蔬菜，水果，奶制品，堅果。它們與汽水，薯片，糖果相比更有營養而且更有利于孩子的牙齒。

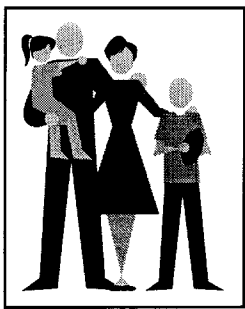
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

每天鍛煉身體對孩子們很重要，這樣他們的身體才會長得健康結實。

Chinese Language Version

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# Better Health Begins With You!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.
2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.
3. Drink at least 8 glasses of pure, fresh water every day.
4. Eat lean, low-fat meats, such as chicken or fish.
5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.
6. Limit your intake of sweets and alcoholic beverages.
7. Take part in some form of physical activity every day. Take a walk, dance, or play.
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

## English

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# Good Food for Kids

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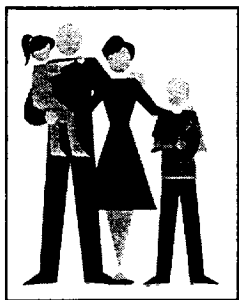
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1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

روزانه به مقدار ۶ تا ۱۱ واحد مصرفی کوچک از نان کم چربی، برنج و ماکارونی (پاستا) بخورید.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

روزانه ۵ واحد میوه و سبزیجات بخورید. برای مثال، شما می توانید یک لیوان آب پرتغال برای صبحانه،

مقداری سالاد برای ناهار، مقداری لوبیا سبز یا سیب زمینی آب پز شده یا انگور برای شام میل کنید.

3. Drink at least 8 glasses of pure, fresh water every day.

روزانه حداقل ۸ لیوان آب تصفیه شده و تازه بنوشید.

4. Eat lean, low-fat meats, such as chicken or fish.

غذاهای کم چربی مانند مرغ و ماهی بخورید.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

لبنیات کم چربی یا بدون چربی مانند شیر رقیق یا ماست یخ زده انتخاب کنید.

6. Limit your intake of sweets and alcoholic beverages.

مقدار مصرف شیرینیجات و مشروبات الکلی را محدود سازید.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ورزش، مانند پیاده روی و رقص را در دستور کار روزانه خود جا دهید.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

روغنهای نباتی را به دلیل نداشتن کلسترول، جایگزین روغنهای حیوانی کنید.

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2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

آهن در تولید انرژی بدن سهم بسزایی دارد. این ماده در گوشت قرمز، مرغ، ماهی و حبوبات وجود دارد.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

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4. Energy is important and comes from breads, rice, cereal, and pasta.

با خوردن نان، گیاهان گندمی (سریال) و ماکارونی (پاستا) انرژی بدن تأمین می‌شود.

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خوراکیهای کوچک بین وعده‌های غذایی سالم مانند میوه، سبزیجات، لبنیات و آجیل بسیار مغذی‌تر از غذاهایی مانند سیب زمینی سرخ شده و نوشابه‌های گازدار هستند. این خوراکیها در سلامت دندانها نیز تأثیر فراوان دارند.

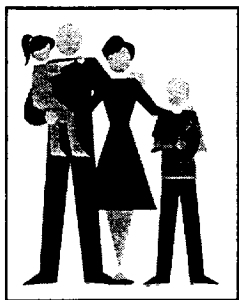
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# Diabetes

## Le diabète

**What is diabetes?** Diabetes is a disease in which the body does not produce or properly use insulin.

**Qu'entend-on par diabète ?** Le diabète est une maladie qui trouve son origine dans la mauvaise utilisation de l'insuline par le corps humain ou dans le fait que l'insuline n'est simplement pas produite par celui-ci.

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

L'insuline est une hormone entraînant la conversion des sucre, féculents et nourritures diverses en énergie nécessaire aux activités de la vie quotidienne.

**How is diabetes managed?**

**Comment bien gérer ces différents types de diabète ?**

The management of diabetes has three parts:

Une bonne gestion des différents types de diabète requière le respect des trois facteurs suivants :

- ♦ Healthy Eating  
Habitudes alimentaires saines
- ♦ Physical Activity  
Exercice physique régulier
- ♦ Medication (if needed)  
Prise de médicaments (éventuellement)

**How can I control my diabetes?** You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

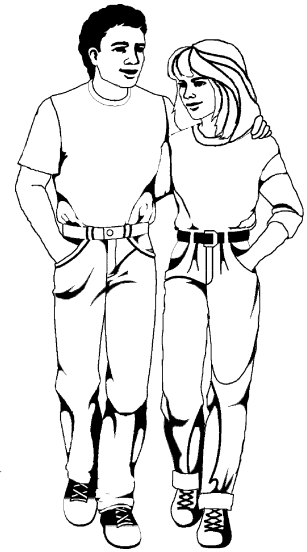
**Comment puis-je bien gérer ces types de diabète ?** Il vous est possible de contrôler votre taux de sucre sanguin (répondant également au nom de glucose) ainsi que ces types de diabètes en maintenant une nutrition équilibrée, un programme d'exercice physique régulier et un poids équilibré.

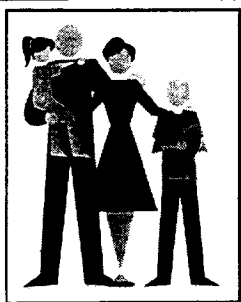
A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

Un poids équilibré vous permet également de maintenir un taux de graisse sanguin équilibré tout en diminuant votre pression artérielle.

Many people with diabetes also need to take medicine to help control their blood sugar.

Nombreux individus atteints de diabète sont assujettis à une prise de médicaments afin d'être en mesure de contrôler leur taux de sucre sanguin.





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## Votre santé dépend de vous!

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Mangez 6 à 11 petites portions de pain à faible teneur en graisse, de céréales, de riz ou de pâtes, chaque jour. Par exemple, prenez du gruau pour le petit déjeuner, un sandwich au déjeuner et du riz nature au dîner.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Mangez 5 portions de fruits et de légumes par jour. Par exemple, vous pouvez boire un jus d'orange au petit déjeuner, manger une salade au déjeuner, prendre des haricots verts et des pommes de terre bouillies au dîner, ainsi que des raisins.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Buvez au moins 8 verres d'eau pure, fraîche, par jour.

4. **Eat lean, low-fat meats, such as chicken or fish.**

Mangez de la viande maigre, faible en matière grasse, comme du poulet ou du poisson.

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Choisissez des produits laitiers à faible teneur en graisse, ou sans gras, comme le lait écrémé et les yogourts glacé allégé.

6. **Limit your intake of sweets and alcoholic beverages.**

Prenez peu de sucreries et de boissons alcoolisées.

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Pratiquez une forme d'activité physique chaque jour : marchez, dansez ou jouez.

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Utilisez de l'huile végétale ou de l'huile de colza pour faire la cuisine, plutôt que du lard ou de la graisse animale. Les huiles végétales sont meilleures pour vous, parce qu'elles ne contiennent pas de cholestérol.

#### French Language Version

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# Good Food for Kids

## Une bonne nourriture pour les enfants

1. **Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

Le calcium est nécessaire au développement et à la croissance des os. On en trouve dans le lait, les yogourts, le poisson avec des arêtes et certains légumes vert foncé, comme le brocoli.

2. **Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Le fer aide le corps à produire de l'énergie. On en trouve dans la viande rouge, la volaille, le poisson et les haricots secs.

3. **Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Les carottes, les épinards et autres fruits et légumes contiennent beaucoup de vitamines A et C. La vitamine A aide à avoir une bonne vue et une peau saine. La vitamine C garde les gencives en bonne santé et protège de l'infection.

4. **Energy is important and comes from breads, rice, cereal, and pasta.**

Le pain, le riz, les céréales et les pâtes procurent l'énergie, un élément important du régime alimentaire.

5. **Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Choisissez des collations-santé, comme les fruits, les légumes, les produits laitiers et les noix. Ils contiennent plus d'éléments nutritifs et sont meilleurs pour les dents des enfants que les boissons gazeuses, les chips et les sucreries.

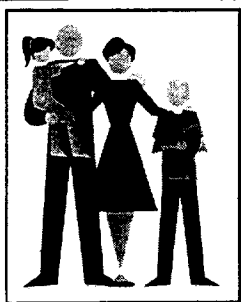
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Les enfants doivent être physiquement actifs, chaque jour, pour que leur corps devienne robuste et qu'ils soient en bonne santé.

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5. **Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Choisissez des collations-santé, comme les fruits, les légumes, les produits laitiers et les noix. Ils contiennent plus d'éléments nutritifs et sont meilleurs pour les dents des enfants que les boissons gazeuses, les chips et les sucreries.

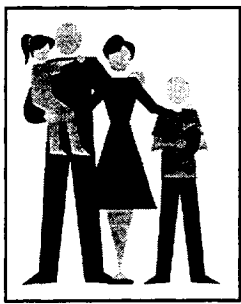
6. **Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Les enfants doivent être physiquement actifs, chaque jour, pour que leur corps devienne robuste et qu'ils soient en bonne santé.

### French Language Version

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# **Better Health Begins With You!**

## **Eine bessere Gesundheit beginnt bei Ihnen!**

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Essen Sie täglich 6 bis 11 kleine Portionen fettarmes Brot, Frühstücksflocken, Reis oder Pasta. Wählen Sie zum Beispiel Haferflocken zum Frühstück, ein belegtes Brot zum Mittagessen und blanken Reis zum Abendessen.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Essen Sie jeden Tag 5 Portionen Obst und Gemüse. Sie können zum Beispiel zum Frühstück Orangensaft trinken, zum Mittagessen einen Salat und zum Abendessen grüne Bohnen und gekochte Kartoffeln essen, als Nachspeise gibt es Trauben.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Trinken Sie jeden Tag mindestens 8 Gläser reines, frisches Wasser.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Essen Sie mageres oder fettarmes Fleisch wie Geflügel oder Fisch.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Wählen Sie fettarme oder fettfreie Milchprodukte, wie Magermilch und gefrorenes Joghurt.

- 6. Limit your intake of sweets and alcoholic beverages.**

Schränken Sie den Konsum von Süßigkeiten und alkoholischen Getränken ein.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Sorgen Sie jeden Tag für irgendeine Art von Bewegung. Machen Sie einen Spaziergang, tanzen Sie, oder spielen Sie Ball.

- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Verwenden Sie Pflanzenöl oder Canola-Öl zum Kochen anstelle von Schmalz oder Tierfett. Pflanzenöl ist besser für Sie, da es kein Cholesterin enthält.

### **German Language Version**

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# Good Food for Kids

## Gut für Kinder

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Kalzium wird zum Knochenaufbau und Wachstum benötigt. Kalzium findet man in Milch, Joghurt, Fisch mit Knochen und einigen dunkelgrünen Blattgemüsesorten, wie Broccoli.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Eisen hilft dem Körper bei der Produktion von Energie. Es ist in Rindfleisch, Geflügel, Fisch und getrockneten Bohnen enthalten.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Karotten, Spinat und anderes Obst und Gemüse sind reich an Vitamin A und Vitamin C. Vitamin A ist wichtig für die Augen und eine gesunde Haut. Vitamin C sorgt für gesundes Zahnfleisch und schützt vor Infektionen.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Energie ist wichtig! Sie kommt von Brot, Reis, Frühstücksflocken und Pasta.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Wählen Sie gesunde Zwischenmahlzeiten wie Obst, Gemüse, Milchprodukte und Nüsse. Sie sind viel nahrhafter und besser für die Zähne Ihres Kindes als Limonade, Chips und Süßigkeiten.

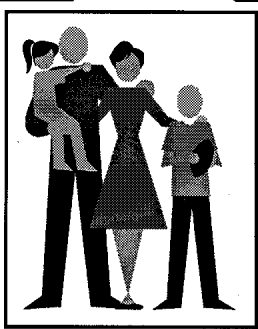
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

Eine tägliche physische Betätigung ist wichtig für Kinder, damit ihr Körper wächst und stark und gesund bleibt.



### German Language Version

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# Better Health Begins With You!

## Η Καλύτερη Υγεία Ξεκινά Με Σας!

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Να τρώτε 6 με 11 μικρές μερίδες ψωμί με χαμηλά λιπαρά, δημητριακά, ρύζι ή ζυμαρικά. Για παράδειγμα, να επιλέγετε χυλό βρώμης για πρωινό, ένα σάντουιτς για γεύμα και σκέτο ρύζι για δείπνο.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Να τρώτε 5 μερίδες φρούτα και λαχανικά κάθε μέρα. Για παράδειγμα, μπορείτε να πιείτε πορτοκαλάδα για πρωινό, να φάτε μια σαλάτα για γεύμα και για δείπνο, πράσινα φασολάκια, βραστά πατάτες και σταφύλια.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Να πίνετε τουλάχιστον 8 ποτήρια καθαρού, φρέσκου νερού κάθε μέρα.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Να τρώτε κρέας με λίγα λιπαρά, όπως κοτόπουλο ή ψάρι.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Να επιλέγετε γαλακτοκομικά προϊόντα με χαμηλά λιπαρά ή χωρίς λιπαρά, όπως γάλα χωρίς λιπαρά και παγωμένο γιαούρτι.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Να περιορίσετε την κατανάλωση γλυκών και αλκοολούχων ποτών.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Να ασκείστε ή να λαμβάνετε μέρος σε κάποιας μορφής φυσική δραστηριότητα κάθε μέρα. Περπατήστε, χορέψτε ή παίξτε κάποιο παιχνίδι.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Να χρησιμοποιείτε φυτικά έλαια ή λάδι αγριοκράμβης για το μαγείρεμα, αντί για χοιρινό λίπος ή ζωικό λίπος. Τα φυτικά έλαια είναι καλύτερα για την υγεία σας γιατί δεν περιέχουν χοληστερίνη.

Greek Language Version

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# Good Food for Kids

## Καλό Φαγητό για τα Παιδιά

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

1. Το ασβέστιο χρειάζεται για την ανάπτυξη των οστών και του σώματος. Βρίσκεται στο γάλα, το γιαούρτι, το ψάρι δίχως κόκαλα και κάποια σκουροπράσινα λαχανικά όπως τα μπρόκολα.

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

2. Ο σίδηρος βοηθά το σώμα στην παραγωγή ενέργειας. Βρίσκεται στο κόκκινο κρέας, τα πουλερικά, το ψάρι και τα ξερά φασόλια.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

3. Τα καρότα, το σπανάκι και άλλα φρούτα και λαχανικά είναι πλούσια σε Βιταμίνη Α και Βιταμίνη C. Η Βιταμίνη Α είναι σημαντική για καλή όραση και υγιές δέρμα. Η Βιταμίνη C διατηρεί την υγεία των ούλων και προστατεύει από μολύνσεις.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

4. Η ενέργεια είναι σημαντική και προέρχεται από το ψωμί, το ρύζι, τα δημητριακά και τα ζυμαρικά.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

5. Να επιλέγετε υγιείς τροφές για κολατσιό, όπως φρούτα, λαχανικά, γαλακτοκομικά προϊόντα και ξηρούς καρπούς. Είναι πολύ πιο θρεπτικά και καλύτερα για τα δόντια των παιδιών από ότι τα αεριούχα αναψυκτικά, τα πατατάκια (τσιπς) και τα γλυκά.

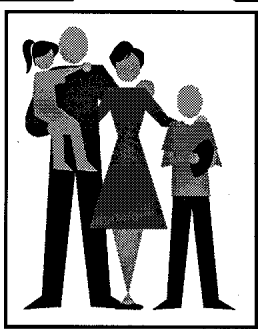
**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

6. Η καθημερινή φυσική δραστηριότητα είναι σημαντική για τα παιδιά για να αναπτυχθούν δυνατά και υγιή τα σώματά τους.

Greek Language Version

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# Better Health Begins With You!

## Η Καλύτερη Υγεία Ξεκινά Με Σας!

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**6. Limit your intake of sweets and alcoholic beverages.**

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7. Να ασκείστε ή να λαμβάνετε μέρος σε κάποιας μορφής φυσική δραστηριότητα κάθε μέρα. Περπατήστε, χορέψτε ή παίξτε κάποιο παιχνίδι.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Να χρησιμοποιείτε φυτικά έλαια ή λάδι αγριοκράμβης για το μαγείρεμα, αντί για χοιρινό λίπος ή ζωικό λίπος. Τα φυτικά έλαια είναι καλύτερα για την υγεία σας γιατί δεν περιέχουν χοληστερίνη.

Greek Language Version

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# Good Food for Kids

## Καλό Φαγητό για τα Παιδιά

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**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

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**4. Energy is important and comes from breads, rice, cereal, and pasta.**

4. Η ενέργεια είναι σημαντική και προέρχεται από το ψωμί, το ρύζι, τα δημητριακά και τα ζυμαρικά.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

5. Να επιλέγετε υγιείς τροφές για κολατσιό, όπως φρούτα, λαχανικά, γαλακτοκομικά προϊόντα και ξηρούς καρπούς. Είναι πολύ πιο θρεπτικά και καλύτερα για τα δόντια των παιδιών από ότι τα αεριούχα αναψυκτικά, τα πατατάκια (τσιπς) και τα γλυκά.

**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

6. Η καθημερινή φυσική δραστηριότητα είναι σημαντική για τα παιδιά για να αναπτυχθούν δυνατά και υγιή τα σώματά τους.

Greek Language Version

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# Better Health Begins With You!

## તંદુરસ્તી તમારા હાથમાં

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ઓછી કેલરીનું બ્રેડ, સીરીયલ, ભાત અને પાસ્તા રોજ ૬ થી ૧૧ માત્રામાં લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં ઓટમીલ, લંચમાં સેન્ડવીચ અને રાત્રીના ભોજનમાં સાદો ભાત લેવા જોઈએ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

રોજ ૫ માત્રામાં ફળો અને શાકભાજી લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં સંતરનો રસ, બપોરના ભોજનમાં સલાડ અને રાત્રીના ભોજનમાં બાફેલો બટેટો અને દ્રાક્ષ.

3. Drink at least 8 glasses of pure, fresh water every day.

૮ ગ્લાસ રોજ તાજુ પાણી પીવું જોઈએ.

4. Eat lean, low-fat meats, such as chicken or fish.

ઓછી ચરબીવાળું માંસ જેવાકે મરઘી અને માછલી ખાવા જોઈએ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ઓછી ચરબીવાળી અથવા ચરબી વગરની દૂધની બનાવટ જેવીકે પાતળું દૂધ તથા ઠઠી પાવું જોઈએ.

6. Limit your intake of sweets and alcoholic beverages.

મીઠાઈ તથા માદક પીણાનો ઉપયોગ પ્રમાણસર કરવો જોઈએ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

શરીરને કસરત મળે એવી પ્રવૃત્તિઓ રોજ કરવી જોઈએ, જેવીક ચાલવા જવું, નૃત્ય કરવું કે રમવું.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

રંધવામાં વધુ ચરબીવાળા તેલ કરતાં ઓછી ચરબીવાળા વેજિટેબલ તેલ અથવા કનોલા-તેલ વાપરવું જોઈએ.

Gujarati Language Version

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# Good Food for Kids

## બાળકોના વિકાસ માટે સારો આહાર

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

હાડકાના વિકાસ અને વૃદ્ધિ માટે કેલ્શિયમ જરૂરી છે જે દૂધ, દહીં, માંછલી તથા લીલાં શાકભાજીમાંથી જેવાકે બ્રોકલીમાંથી મળી રહે છે.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

શરીરને શક્તિ પૂરી પાડવા માટે આયર્ન જરૂરી છે જે લાલ માંસ, મરઘી, માછલી તથા કઠોળ માંથી મળી રહે છે.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

વીટામીન એ અને સી ગાજર, સ્પીનેચ તથા ફળો અને શાકભાજીમાંથી મળી રહે છે. વીટામીન એ સારી દૃષ્ટિ તથા સુંદર ત્વચા માટે અને વીટામીન સી ઠાંતનાં અવાળા તંદુરસ્ત રહે તે માટે તથા રોગ સામે પ્રતિકાર કરવામાં મદદરૂપ બને છે.

4. Energy is important and comes from breads, rice, cereal, and pasta.

શક્તિ-તાકત હોવી જરૂરી છે જે બ્રેડ, રાઇસ, સીરીયલ તથા પાસ્તામાંથી મળી રહે છે.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

સારો તંદુરસ્ત નાસ્તો જેવાકે ફળો, શાકભાજી, દૂધની બનાવટ તથા સૂકોમેવો લેવો જોઈએ. તેમાં વધારે પોષક તત્વ હોવાથી બાળકોના ઠાંત માટે વધુ તંદુરસ્ત છે. જ્યારે કોક કે પેપ્સી તથા ચીપ્સ અને મીઠાઈ ઠાંતને નુકસાન કરે છે.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

બાળકોની તંદુરસ્તી અને વૃદ્ધિ માટે રોજની શારીરિક પ્રવૃત્તિ મહત્વની છે.

Gujarati Language Version

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# Better Health Begins With You!

## તંદુરસ્તી તમારા હાથમાં

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ઓછી કેલરીનું બ્રેડ, સીરીયલ, ભાત અને પાસ્તા રોજ ૬ થી ૧૧ માત્રામાં લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં ઓટમીલ, લંચમાં સેન્ડવીચ અને રાત્રીના ભોજનમાં સાદો ભાત લેવા જોઈએ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

રોજ ૫ માત્રામાં ફળો અને શાકભાજી લેવા જોઈએ. દાખલા તરીકે સવારના નાસ્તામાં સંતરનો રસ, બપોરના ભોજનમાં સલાડ અને રાત્રીના ભોજનમાં બાફેલો બટેટો અને દ્રાક્ષ.

3. Drink at least 8 glasses of pure, fresh water every day.

૮ ગ્લાસ રોજ તાજુ પાણી પીવું જોઈએ.

4. Eat lean, low-fat meats, such as chicken or fish.

ઓછી ચરબીવાળું માંસ જેવાકે મરઘી અને માછલી ખાવા જોઈએ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ઓછી ચરબીવાળી અથવા ચરબી વગરની દૂધની બનાવટ જેવીકે પાતળું દૂધ તથા ઠઠી પાવું જોઈએ.

6. Limit your intake of sweets and alcoholic beverages.

મીઠાઈ તથા માદક પીણાનો ઉપયોગ પ્રમાણસર કરવો જોઈએ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

શરીરને કસરત મળે એવી પ્રવૃત્તિઓ રોજ કરવી જોઈએ, જેવીક ચાલવા જવું, નૃત્ય કરવું કે રમવું.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

રંધવામાં વધુ ચરબીવાળા તેલ કરતાં ઓછી ચરબીવાળા વેજિટેબલ તેલ અથવા કનોલા-તેલ વાપરવું જોઈએ.

Gujarati Language Version

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# Good Food for Kids

## બાળકોના વિકાસ માટે સારો આહાર

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

હાડકાના વિકાસ અને વૃદ્ધિ માટે કેલ્શિયમ જરૂરી છે જે દૂધ, દહીં, માંછલી તથા લીલાં શાકભાજીમાંથી જેવાકે બ્રોકલીમાંથી મળી રહે છે.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

શરીરને શક્તિ પૂરી પાડવા માટે આયર્ન જરૂરી છે જે લાલ માંસ, મરધી, માછલી તથા કઠોળ માંથી મળી રહે છે.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

વીટામીન એ અને સી ગાજર, સ્પીનેચ તથા ફળો અને શાકભાજીમાંથી મળી રહે છે. વીટામીન એ સારી દૃષ્ટિ તથા સુંદર ત્વચા માટે અને વીટામીન સી ઠાંતનાં અવાળા તંદુરસ્ત રહે તે માટે તથા રોગ સામે પ્રતિકાર કરવામાં મદદરૂપ બને છે.

4. Energy is important and comes from breads, rice, cereal, and pasta.

શક્તિ-તાકત હોવી જરૂરી છે જે બ્રેડ, રાઇસ, સીરીયલ તથા પાસ્તામાંથી મળી રહે છે.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

સારો તંદુરસ્ત નાસ્તો જેવાકે ફળો, શાકભાજી, દૂધની બનાવટ તથા સૂકોમેવો લેવો જોઈએ. તેમાં વધારે પોષક તત્વ હોવાથી બાળકોના ઠાંત માટે વધુ તંદુરસ્ત છે. જ્યારે કોક કે પેપ્સી તથા ચીપ્સ અને મીઠાઈ ઠાંતને નુકસાન કરે છે.

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

બાળકોની તંદુરસ્તી અને વૃદ્ધિ માટે રોજની શારીરીક પ્રવૃત્તિ મહત્વની છે.

Gujarati Language Version

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# Better Health for Mother and Baby

## ગર્ભવતી માતાની તંદુરસ્તી

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

માદકપીણાં તથા કેફીનવાળા પીણાં જેવાકે કોફી તથા કોક કે પેપ્સી જેવા પીણાંનો ત્યાગ કરવો.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

કેલ્શિયમના પ્રમાણવાળો ખોરાક જેવોકે દૂધ, ચીઝ, દહીં, માછલી તથા લીલાં શાકભાજી રોજ ખાવા જોઈએ.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

રોજ ૨ થી ૩ માત્રામાં માંસ, માછલી, ઈંડા તથા કઠોળ લેવાથી શરીરને પુરતા પ્રમાણમાં મળી રહે છે.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

રોજ ૫ માત્રામાં ફળો તથા શાકભાજી લેવા જોઈએ., જેથી શરીરને પૂરતા પ્રમાણમાં વીટામીન્સ મળી રહે છે. દાખલા તરીકે સવારના નાસ્તામાં સીરીયલ સાથે કેળુ લેવું જોઈએ, બપોરના પછીના નાસ્તામાં એપલ. બપોરના ભોજનમાં ગાજર તથા સેલરી અને બ્રોકલી તથા સલાદ રાત્રીના ભોજનમાં લેવું જોઈએ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

હોલવીટ બ્રેડ તથા બ્રાઉન રાઇસ જેવા ફાઇબરવાળા સિરિયલ બ્રાન ૬ થી ૧૧ ની થોડી માત્રામાં લેવી જોઈએ.

6. See your doctor early in your pregnancy.

ગર્ભવતી માતાએ ગર્ભની શરૂઆતથી જ ડોક્ટરી ચેકઅપ કરાવવી જોઈએ.

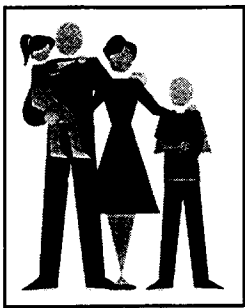
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ગર્ભવતી માતાએ પોતાના વજનનું ખાસ ધ્યાન રાખવું જોઈએ. લગભગ બધી સ્ત્રીઓ માટે ૨૫ થી ૩૫ પાઉન્ડ વજન હોવું જોઈએ. વધુ જાણકારી માટે ડોક્ટરની સલાહ લેવી જોઈએ.

Gujarati Language Version

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# Better Health Begins With You!

## Pou nou gain bònè santé, fòk nou kòmansé pran swin tète pa nou!

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Manjé 6 a 11 ti pòsyon pain ki pa gra, séréryale, diri oy byin pate, chak jou. Nou gain dwa pa ekzanpe manjé avoine pou déjéné, you sandwich pou répa lé midi ,épi diri pou diné.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Manjé 5 pòsyon fwi ak léguime chak jou. Tankou pa ezanpe, nou ka bwè ji doranje pou déjéné, nou ka manjé you salade pou répa lé midi, épi pwa vète ak pòme dé tè bouyi pou diné, nou ka manjé rézin tou pou diné.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Bwè pou pi piti 8 vè dlo frèche chak jou.

4. **Eat lean, low-fat meats, such as chicken or fish.**

Manjé viande mèg tankou poule ou byin poisson.

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Chwazi pwodi létyé ki pa gra anpil ou byin ki pa gra ditou, tankou lè ékrémé épi yogoute glasé konjlé.

6. **Limit your intake of sweets and alcoholic beverages.**

Bwè you kantité limité boisson sicré ou byin boisson ki gain alkòle.

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Fè aktivité fizike chak jou. Nou gain dwa maché, dansé ou byin jwé.

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Sèvi ak luile vèjétable ou byin luile canola pou nou fè manjé, pasé pou nou sèvi ak grèse cochon ou byin ak grès bète. Luile vèjétable la pi bon pou nou paské li pa gain kolestéròle.

Haitian Creole Language Version

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# Good Food for Kids

## Bon manjé pou ti moun

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

Nou bezwin calcium pou pèmètè zo nou dévlopé. Nou jwinde calcium lan lèt, yogoute, poisson ak zo épi tou lan sètèn léguime vète fonsé, tankou bwokoli.

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Fè édé kò nou kréyé énéji. Nou jwinde fè lan viande rouge, volaye, poisson ak pwa sèche.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Nou jwinde anpil vitamine A ak vitamine C lan karòte, épina, épi tou lan sètèn lòt fwi ak léguime. Vitamine A bon pou jé nou, ak po nou. Vitamine C kinbé jansive nou an bònè santé épi li pwotéjé nou konte infeksyon.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

Énéji, sé bagaye ki inpòtan anpile. Nou jwinde sa lan pain, diri, séréyale ak pate.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Manjé kolasyon ki sain, tankou fwi, léguime, pwodi laitíé ak nwa. Yo pi nourisan, épi yo pi bon pou dan ti moun pasé soda, chips ak sikréri.

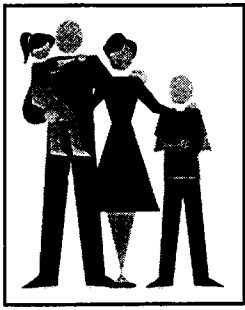
**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Li impòtan pou ti moun fè aktivité fizik chak jou, sa va pèmèt kò yo dévlopé solide épi en bònè santé.

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# Better Health Begins With You!

## Pou nou gain bònè santé, fòk nou kòmansé pran swin tète pa nou!

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Manjé 6 a 11 ti pòsyon pain ki pa gra, séréryale, diri oy byin pate, chak jou. Nou gain dwa pa ekzanpe manjé avoine pou déjéné, you sandwich pou répa lé midi ,épi diri pou diné.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Manjé 5 pòsyon fwi ak léguime chak jou. Tankou pa ezanpe, nou ka bwè ji doranje pou déjéné, nou ka manjé you salade pou répa lé midi, épi pwa vète ak pòmè dé tè bouyi pou diné, nou ka manjé rézin tou pou diné.

3. **Drink at least 8 glasses of pure, fresh water every day.**

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4. **Eat lean, low-fat meats, such as chicken or fish.**

Manjé viande mèg tankou poule ou byin poisson.

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6. **Limit your intake of sweets and alcoholic beverages.**

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7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Fè aktivité fizike chak jou. Nou gain dwa maché, dansé ou byin jwé.

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Sèvi ak luile vèjètale ou byin luile canola pou nou fè manjé, pasé pou nou sèvi ak grès cochon ou byin ak grès bète. Luile vèjètale la pi bon pou nou paské li pa gain kolestéròle.

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# Good Food for Kids

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**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Fè édé kò nou kréyé énéji. Nou jwinde fè lan viande rouge, volaye, poisson ak pwa sèche.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

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**4. Energy is important and comes from breads, rice, cereal, and pasta.**

Énéji, sé bagaye ki inpòtan anpile. Nou jwinde sa lan pain, diri, séréyale ak pate.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Manjé kolasyon ki sain, tankou fwi, léguime, pwodi laitíé ak nwa. Yo pi nourisan, épi yo pi bon pou dan ti moun pasé soda, chips ak sikréri.

**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Li impòtan pou ti moun fè aktivité fizik chak jou, sa va pèmèt kò yo dévlopé solide épi en bònè santé.

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# Good Food for Kids

## אוכל בריא לילדים

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

סידן נצרך לבניית עצמות ולגדילה. הסידן מצוי בחלב, יוגורט, דגים עם אדרות ובחלק מהירקות הירוקים כמו הברוקולי.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

הברזל עוזר לגוף ליצור אנרגיה. הוא מצוי בבשר אדום, עופות, דגים וקטניות יבשות.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

גזר, תרד ושאר הפירות והירקות מכילים כמויות גדולה של ויטמין A ו-C. ויטמין A חשוב לראיה טובה ובריאות העור. ויטמין C שומר על חניכיים בריאות ומגן מפני דלקות.

4. Energy is important and comes from breads, rice, cereal, and pasta.

האנרגיה היא חשובה. היא מצויה בלחם, אורז, דגנים ואטריות.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

בחירת חטיפים בריאים כמו פירות, ירקות, דברי חלב ובוטנים. הם יותר מזינים, במיוחד לשיני הילדים מאשר משקאות תוססים, צ'יפס, ומתוקים.

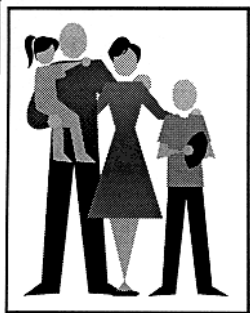
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

פעילות גופנית יומיומית חשובה לילדים כדי שהגוף שלהם יגדל חזק ובריא.

Hebrew Language Version

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# Better Health Begins With You!

בריאות טובה מתחילה אתך

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

אכול 6 עד 11 מנות קטנות של לחם דל שומן, דגנים, אורז, או אטריות ליום.  
לדוגמה: שיבולת שועל לארוחת בוקר, כריך לארוחת צהרים, ואורז לארוחת ערב.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

אכול 5 מנות של פירות וירקות בכל יום. לדוגמה: אתה אמור לשתות מיץ תפוזים לארוחת בוקר, סלט לארוחת צהרים, קטניות ירוקות, תפחי אדמה מורחחים וענבים לארוחת ערב.

3. Drink at least 8 glasses of pure, fresh water every day.

שתה לפחות 8 כוסות מים בכל יום.

4. Eat lean, low-fat meats, such as chicken or fish.

אכול בשר רזה, ללא שומן, כמו עוף או דג.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

בחר מוצרי חלב ללא שומן או אחוז שומן נמוך, כמו: חלב ויוגורט.

6. Limit your intake of sweets and alcoholic beverages.

הגבל את כמות המתוקים ומשקאות האלכוהוליים.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

קח חלק בפעילות גופנית יומית כלשהי. הליכה, ריקוד או משחק.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

השתמש לבישול בשמן ירקות במקום שומן חזיר או שמן חיות שמן. שמן ירקות טוב יותר עבורך בגלל שאינו מכיל כולסטרול.

## Hebrew Language Version

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# Good Food for Kids

## אוכל בריא לילדים

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

סידן נצרך לבניית עצמות ולגדילה. הסידן מצוי בחלב, יוגורט, דגים עם אדרות ובחלק מהירקות הירוקים כמו הברוקולי.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

הברזל עוזר לגוף ליצור אנרגיה. הוא מצוי בבשר אדום, עופות, דגים וקטניות יבשות.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

גזר, תרד ושאר הפירות והירקות מכילים כמויות גדולה של ויטמין A ו-C. ויטמין A חשוב לראיה טובה ובריאות העור. ויטמין C שומר על חניכיים בריאות ומגן מפני דלקות.

4. Energy is important and comes from breads, rice, cereal, and pasta.

האנרגיה היא חשובה. היא מצויה בלחם, אורז, דגנים ואטריות.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

בחירת חטיפים בריאים כמו פירות, ירקות, דברי חלב ובוטנים. הם יותר מזינים, במיוחד לשיני הילדים מאשר משקאות תוססים, צ'יפס, ומתוקים.

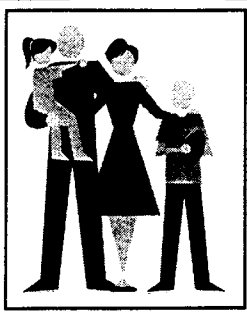
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

פעילות גופנית יומיומית חשובה לילדים כדי שהגוף שלהם יגדל חזק ובריא.

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# Better Health Begins With You!

## अपना स्वास्थ्य खुद बनाए रखें!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

हर रोज़ कम घी-तेल से बनाया गया (पाओ)रोटी, अनाज, चावल और पास्ता के ६-११ छोटे परोस खाएँ। जैसे कि, सुबह नाश्ते में दलिया खाएँ, दोपहर के खाने में सैण्डविच खाएँ और रात के खाने में सादा चावल खाएँ।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

हर रोज़ फल और सब्जी के ५ परोस खाएँ। उदाहरण के लिये, सुबह के नाश्ते में आप संतरे का रस पी सकते हैं, दोपहर के खाने में सलाद खा सकते हैं, और रात के खाने में बीन, उबला आलू और अंगूर खा सकते हैं।

3. Drink at least 8 glasses of pure, fresh water every day.

हर रोज़ कम से कम ८ गिलास ताज़ा और पवित्र पानी पीयें।

4. Eat lean, low-fat meats, such as chicken or fish.

मांसाहारी भोजन में मुर्गी या मछली की तरह कम वसा की चीज़ें खाएँ।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

कम वसा या वसा-रहित दूध और ठंडी दही खाएँ।

6. Limit your intake of sweets and alcoholic beverages.

मीठा और शराब कम मात्रा में लें।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

हर रोज़, किसी भी प्रकार का व्यायाम करें। पैदल घूमें, नाचें या कोई खेल खेलें।

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

वनस्पती या वसा की जगह सब्जी के तेल या कैनोला के तेल में खाना पकाएँ। सब्जी का तेल आपके स्वास्थ्य के लिये बेहतर होता है क्योंकि इसमें कोलस्टेरॉल नहीं है।

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# Better Health for Mother and Baby

## ज़च्चा और बच्चा स्वस्थ रहे

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

शराब न पीयें और कौफी, सोडा आदि कैफीन वाले पेय पीने से मना करें।

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

हर रोज़ ऐसी चीज़ें खाएँ जिनमें कैल्शियम हो। जैसे कि दूध, चीज़, दही, काँटेदार मछली और गाढ़े हरे रंग की सब्जियाँ।

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

प्रोटीन के वास्ते, हर रोज़ गोश्त, मछली, अंडा या दाल के २ से ३ परोस खाएँ।

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

विटामिन व खनिज पाने के लिये हर रोज़ फल और सब्जी के कम से कम ५ परोस खाएँ। उदाहरण के लिये, सुबह नाश्ते में सीरियल के साथ केला काट के खाएँ, और दोपहर के नाश्ते में एक सेब खा लें। दोपहर के खाने के साथ गाजर और सेलेरी खा लें और रात के खाने में ब्रोकली व सलाद खा लें।

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

स्वास्थ्य व चुस्ती दोनों के लिये हर रोज़ अनाज के ६-११ छोटे परोस खाएँ। जैसे कि आँटा या भूरा चावल।

6. See your doctor early in your pregnancy.

गर्भावस्था शुरू होने के तुरंत बाद डाक्टर से जाकर मिलें।

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ध्यान रखें कि गर्भावस्था में आपका वजन ठीक से बढ़े। अधिकतर औरतों का २५-३५ पाउंड वजन बढ़ता है। अपने डाक्टर से इस बारे में राय माँगें।

Hindi Language Version

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# Good Food for Kids

## बच्चों के लिये स्वस्थ आहार

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

हड्डियों के विकास और बच्चों को बड़े होने के लिये कैल्शियम की बहुत ज़रूरत होती है। बच्चों को कैल्शियम दूध, दही, काँटेदार मछली और ब्रोकली जैसे गाढ़े हरे रंग की सब्जियों से मिल सकता है।

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

आयरन से शरीर में फुर्ती होती है। गोشت, मुर्गी, मछली तथा दाल से आयरन मिल सकता है।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

गाजर, साग तथा अन्य फलों और सब्जियों से विटामिन ए और विटामिन सी मिल सकता है। स्वस्थ त्वचा और अच्छी दृष्टि के लिये विटामिन ए महत्वपूर्ण होता है। विटामिन सी से मसूड़े स्वस्थ रहते हैं और बच्चों को कम बीमारियाँ होती हैं।

4. Energy is important and comes from breads, rice, cereal, and pasta.

शरीर की चुस्ती महत्वपूर्ण होती है, और बच्चे इसे (पाओ)रोटी, चावल, अनाज और पास्ता से पा सकते हैं।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

नाश्ते में बच्चों को स्वस्थ खाना दें, जैसे कि फल, सब्जी, दूध-आधारित चीज़ें और मेवा। इनसे बच्चों को ज्यादा ताकत मिलता है और सोडा, चिप्स तथा मीठे के मुकाबले में ये बच्चों के दाँतों के लिये बेहतर होते हैं।

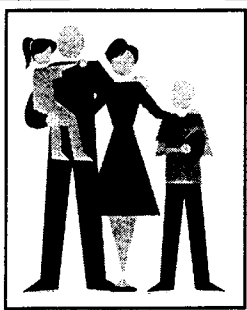
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

बच्चों के लिये हर रोज़ खेलना-कूदना महत्वपूर्ण होता है, ताकि इनके शरीर ताकतवर और स्वस्थ बन सकें।

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# Better Health Begins With You!

## अपना स्वास्थ्य खुद बनाए रखें!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

हर रोज़ कम घी-तेल से बनाया गया (पाओ)रोटी, अनाज, चावल और पास्ता के ६-११ छोटे परोस खाएँ। जैसे कि, सुबह नाश्ते में दलिया खाएँ, दोपहर के खाने में सैण्डविच खाएँ और रात के खाने में सादा चावल खाएँ।

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

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3. Drink at least 8 glasses of pure, fresh water every day.

हर रोज़ कम से कम ८ गिलास ताज़ा और पवित्र पानी पीयें।

4. Eat lean, low-fat meats, such as chicken or fish.

मांसाहारी भोजन में मुर्गी या मछली की तरह कम वसा की चीज़ें खाएँ।

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

कम वसा या वसा-रहित दूध और ठंडी दही खाएँ।

6. Limit your intake of sweets and alcoholic beverages.

मीठा और शराब कम मात्रा में लें।

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

हर रोज़, किसी भी प्रकार का व्यायाम करें। पैदल घूमें, नाचें या कोई खेल खेलें।

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

वनस्पती या वसा की जगह सब्जी के तेल या कैनोला के तेल में खाना पकाएँ। सब्जी का तेल आपके स्वास्थ्य के लिये बेहतर होता है क्योंकि इसमें कोलस्टेरॉल नहीं है।

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# Good Food for Kids

## बच्चों के लिये स्वस्थ आहार

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2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

आयरन से शरीर में फुर्ती होती है। गोشت, मुर्गी, मछली तथा दाल से आयरन मिल सकता है।

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

गाजर, साग तथा अन्य फलों और सब्जियों से विटामिन ए और विटामिन सी मिल सकता है। स्वस्थ त्वचा और अच्छी दृष्टि के लिये विटामिन ए महत्वपूर्ण होता है। विटामिन सी से मसूड़े स्वस्थ रहते हैं और बच्चों को कम बीमारियाँ होती हैं।

4. Energy is important and comes from breads, rice, cereal, and pasta.

शरीर की चुस्ती महत्वपूर्ण होती है, और बच्चे इसे (पाओ)रोटी, चावल, अनाज और पास्ता से पा सकते हैं।

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

नाश्ते में बच्चों को स्वस्थ खाना दें, जैसे कि फल, सब्जी, दूध-आधारित चीज़ें और मेवा। इनसे बच्चों को ज्यादा ताकत मिलता है और सोडा, चिप्स तथा मीठे के मुकाबले में ये बच्चों के दाँतों के लिये बेहतर होते हैं।

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

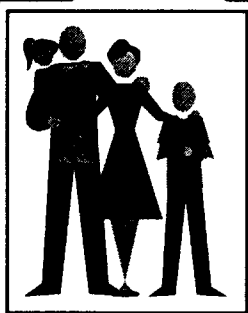
बच्चों के लिये हर रोज़ खेलना-कूदना महत्वपूर्ण होता है, ताकि इनके शरीर ताकतवर और स्वस्थ बन सकें।

Hindi Language Version

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# **Better Health Begins With You!**

## **Kev Noj Qab Nyob Zoo**

### **Dua Pib ntawm Koj Mus**

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Noj 6 mus rau 11 me nyuam qhov khob cij, xilisaws (cereal), mov los sis fawm tauj ib hnuv. Piv xam hais tias, noj kua dis ua tshais, ib daim khob cij ua su, thiab mov qhuav ua hmo.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnuv. Piv xam hais tias, nyaj koj haus tau kua txiv kab ntxwv ua tshais, noj ib qho xalav ua su, thiab noj taum lag thiab qos yaj ywv uas tau muab haus ua hmo, thiab ib co txiv hmab.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Tauj ib hnuv yuav tsum haus tsawg kawg nkaus 8 khob dej dawb.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Noj tej hom nqaij ntshiv, xws li nqaij qaib los sis ntses.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Xaiv tej khoom kua mis nyuj uas tsis tshuav muaj roj, xws li mis nyuj tsis muaj roj thiab mis nyuj khov.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Noj khoom qab zib thiab dej cawv tsawg tsawg xwb.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Txhua hnuv ua ib yam dab tsi siv yus lub zog. Taug kev, dhia piav tes taw, los sis ua-si.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Siv roj zaub los sis roj canola thaum ua mov noj tsis txhob siv roj los sis roj tsiaj. Cov roj zaub zoo dua rau koj lub cev vim lawv tsis muaj roj cholesterol.

Hmong Language Version

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# Good Food for Kids

## Zaub Mov Zoo rau Me Nyuam Yaus

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1. Tshuaj ntxiv pob txha (calcium) yuav pab cov pob txha loj hlob tuaj. Qhov no nyob hauv mis nyuj, kua mis nyuj (yogurt), ntses uas muaj pob txha thiab hauv tej hom zaub ntsuab ntsuab, zoo li zaub paj ntsuab.
2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.
2. Tshuaj ntxiv ntshav pab lub cev muaj zog. Nov nyob hauv nqaij nyuj thiab lwm cov nqaij liab, nqaij qaib, ntses thiab taum qhuav.
3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.
3. Lauj pwm liab, zaub ntsuab thiab lwm cov txiv hmab txiv ntoo thiab zaub muaj Vitamees A thiab Vitamees C ntau heev. Vitamees A yog ib yam tseem ceeb uas pab koj pom kev zoo thiab muaj nqaij daim tawv zoo. Vitamees C pab koj muaj pos hniav zoo thiab tiv thaiv ntawm kab mob.
4. Energy is important and comes from breads, rice, cereal, and pasta.
4. Kev muaj dag zog yog ib yam tseem ceeb heev thiab yeej los ntawm khob cij, mov, xilisaws thiab tej hom fawm.
5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.
5. Xaiv tej khoom txom ncauj zoo zoo, xws li txiv hmab txiv ntoo, zaub, khoom mis nyuj thiab tej txiv qhib. Tej no zoo tshaj dej pexij, khob noom, thiab khoom qab zib hais rau ntawm yus cov me nyuam lub cev thiab cov kaus hniav.
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.
6. Kev ua si los sis ua zog yeej tseem ceeb rau cov me nyuam, xwv kom lawv lub cev yuav loj hlob muaj zog thiab muaj kev noj qab nyob zoo.

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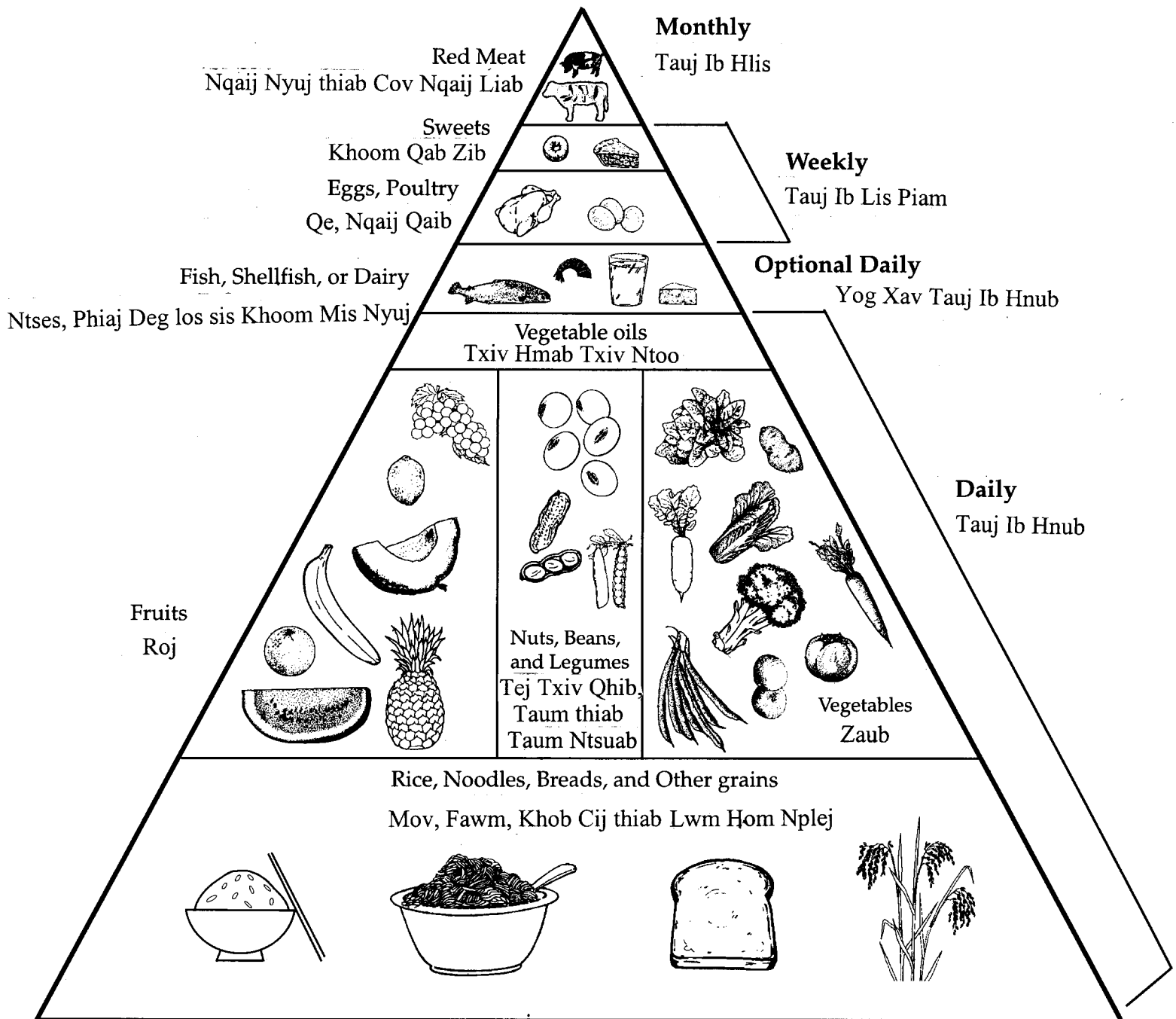


# Asian Food Pyramid

## Neeg Es-xias Xab Xeeb Kaum Qhia Txog Zaub Mov

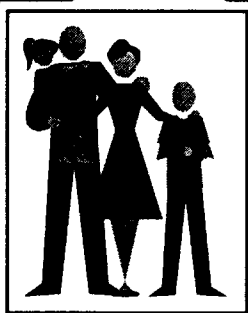
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

Xab Xeeb Kaum Daim Phiaj Qhia Txog Zaub Mov yog ib daim phiaj uas pab koj xaiv tej zaub mov noj uas yuav pab koj muaj kev noj qab nyob zoo. Txhua pawg no muaj ib co, tiam sis tsis yog txhua yam khoom, uas koj lub cev xav tau. Tej hom zaub mov ntawm ib pawg pauv tsis tau lwm pawg qhov chaw. Tsis muaj ib pawg zaub mov twg uas tseem ceeb dua lwm pawg. Xwv kom tau kev noj qab haus huv, koj xav tau txhua yam no.



Hmong Language Version

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# **Better Health Begins With You!**

## **Kev Noj Qab Nyob Zoo**

### **Dua Pib ntawm Koj Mus**

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Noj 6 mus rau 11 me nyuam qhov khob cij, xilisaws (cereal), mov los sis fawm tauj ib hnuv. Piv xam hais tias, noj kua dis ua tshais, ib daim khob cij ua su, thiab mov qhuav ua hmo.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Noj 5 qho txiv hmab txiv ntoo thiab zaub tauj ib hnuv. Piv xam hais tias, nyaj koj haus tau kua txiv kab ntxwv ua tshais, noj ib qho xalav ua su, thiab noj taum lag thiab qos yaj ywv uas tau muab haus ua hmo, thiab ib co txiv hmab.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Tauj ib hnuv yuav tsum haus tsawg kawg nkaus 8 khob dej dawb.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Noj tej hom nqaij ntshiv, xws li nqaij qaib los sis ntses.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Xaiv tej khoom kua mis nyuj uas tsis tshuav muaj roj, xws li mis nyuj tsis muaj roj thiab mis nyuj khov.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Noj khoom qab zib thiab dej cawv tsawg tsawg xwb.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Txhua hnuv ua ib yam dab tsi siv yus lub zog. Taug kev, dhia piav tes taw, los sis ua-si.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Siv roj zaub los sis roj canola thaum ua mov noj tsis txhob siv roj los sis roj tsiaj. Cov roj zaub zoo dua rau koj lub cev vim lawv tsis muaj roj cholesterol.

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# Good Food for Kids

## Zaub Mov Zoo rau Me Nyuam Yaus

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2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.
2. Tshuaj ntxiv ntshav pab lub cev muaj zog. Nov nyob hauv nqaij nyuj thiab lwm cov nqaij liab, nqaij qaib, ntses thiab taum qhuav.
3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.
3. Lauj pwm liab, zaub ntsuab thiab lwm cov txiv hmab txiv ntoo thiab zaub muaj Vitamees A thiab Vitamees C ntau heev. Vitamees A yog ib yam tseem ceeb uas pab koj pom kev zoo thiab muaj nqaij daim tawv zoo. Vitamees C pab koj muaj pos hniav zoo thiab tiv thaiv ntawm kab mob.
4. Energy is important and comes from breads, rice, cereal, and pasta.
4. Kev muaj dag zog yog ib yam tseem ceeb heev thiab yeej los ntawm khob cij, mov, xilisaws thiab tej hom fawm.
5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.
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6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.
6. Kev ua si los sis ua zog yeej tseem ceeb rau cov me nyuam, xwv kom lawv lub cev yuav loj hlob muaj zog thiab muaj kev noj qab nyob zoo.

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# Better Health Begins With You!

## EZI AHU IKE NA-EBIDO NAGI

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Rie oke isi ma ọbu iri na otu nime nri ndia: achicha, uka, osikapa na ndi ọzọ kwa ubọchi. dika, Rie odudu na ututu Rie achicha na obere anụ na ehie Rie kwa osikapa na-abali

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Rie nkpuru osisi na akwukwo nri kwamgbe, kwamgbe. N'eri ji na agwa na abali. Nuo nmiri Oroma mgbe irisiri nri.

3. Drink at least 8 glasses of pure, fresh water every day.

Nua iko nmiri asato kwa abochi

4. Eat lean, low-fat meats, such as chicken or fish.

Na-eri anu neenweghi abuba dika azu ma-ọbu anu okuko.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Zapu abuba obula no na nmiriaraehi tupu i nuo ya.

6. Limit your intake of sweets and alcoholic beverages.

Wetue aka niri ihe di utọ ma ọbu nmanya naba nanya.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Tinye aka na ihe gbasara ahu isi ike kwa abochi. Ga ogorogo ije, gbaa egwu, ma ọbu gwue egwu.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Were nmanu sina nkpuru osisi na esi nri.

### Igbo Language Version

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# Good Food for Kids

## EZI NRI MAKÀ UMUAKA

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Nmiri ara ehi, azu na akwukwo nri di iche iche na enyere umuaka aka maka okpukpu ha.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Anu ehi, anu okuko, azu na agwa na enye ike na ume. Nri ndia kwesiri iri ngbe obula.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Nkpuru osisi di-iche-iche na nyere mmiri na ubara aka. Ha na emeka anya na okpukpu ahụ di nma.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Ume na igba garagara di nkpa. Ihe indira na esi na osika pa, achi cha na ji.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Nri ndi eji emegbari onu ga aka nma obu na obu mgburu osisi kama otomimiriga.

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Eme ahụ gara gara site na ije ogologo ije na nyere ahụ aka.

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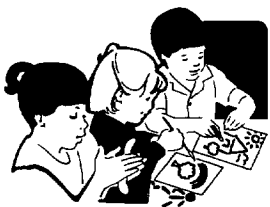
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5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

Nri ndi eji emegbari onu ga aka nma obu na obu mgburu osisi kama otomimiriga.

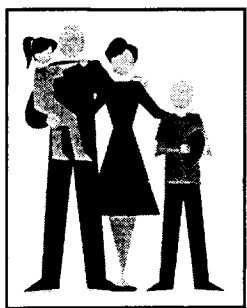
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# Better Health Begins With You!

## より良い健康はあなたから！

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

毎日6点から11点の低脂肪パン、シリアル、米、または麺を食べましょう。例えば、朝食にオートミール、昼食にサンドウィッチ、夕食に白米を選びます。

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

毎日5点の果物と野菜を食べましょう。例えば、朝食にオレンジジュースを飲み、昼食にサラダを食べ、夕食に緑豆、茹でたジャガイモ、ブドウを食べます。

3. **Drink at least 8 glasses of pure, fresh water every day.**

毎日少なくともコップ8杯の清潔で新鮮な水を飲みましょう。

4. **Eat lean, low-fat meats, such as chicken or fish.**

鶏肉または魚など低脂肪の肉を食べましょう。

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

スキムミルクとフローズン・ヨーグルトなど低脂肪あるいは無脂肪の乳製品を選びましょう。

6. **Limit your intake of sweets and alcoholic beverages.**

菓子およびアルコール飲料の摂取は控えましょう。

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

毎日何らかの運動に参加しましょう。ウォーキング、ダンスあるいはゲームをしましょう。

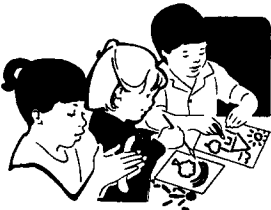
8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

調理にはラードまたは動物脂肪の代わりに植物性油またはカノーラオイルを使いましょう。コレステロールを含んでいないため、植物性油の方が優れています。

### Japanese Language Version

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# Good Food for Kids

## 子供に良い食品

- 1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

カルシウムは骨の発達と成長のために必要です。ミルク、ヨーグルト、骨付の魚、ブロッコリーなどの一部の緑黄色野菜に含まれています。

- 2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

鉄分は体のエネルギー生産を助けます。鉄分は赤身の肉、家禽類、魚、および乾燥豆に豊富に含まれています。

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

ニンジン、ホーレン草、その他の果物と野菜はビタミンAとビタミンCが豊富です。ビタミンAは明瞭な視覚と健康な皮膚に大切です。ビタミンCは歯茎を健康にし、感染から守ります。

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

エネルギーは大切です。パン、米、シリアル、麺から作られます。

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

果物、野菜、乳製品、ナッツなど健康的なスナックを選びましょう。こうした食品はソーダ、チップス、菓子に比べ、栄養が豊富で子供の歯にも良いです。

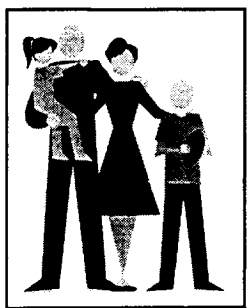
- 6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

子供が強く健やかに成長するには、日々の運動が大切です。

### Japanese Language Version

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# Better Health Begins With You!

## より良い健康はあなたから！

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

毎日6点から11点の低脂肪パン、シリアル、米、または麺を食べましょう。例えば、朝食にオートミール、昼食にサンドウィッチ、夕食に白米を選びます。

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

毎日5点の果物と野菜を食べましょう。例えば、朝食にオレンジジュースを飲み、昼食にサラダを食べ、夕食に緑豆、茹でたジャガイモ、ブドウを食べます。

3. **Drink at least 8 glasses of pure, fresh water every day.**

毎日少なくともコップ8杯の清潔で新鮮な水を飲みましょう。

4. **Eat lean, low-fat meats, such as chicken or fish.**

鶏肉または魚など低脂肪の肉を食べましょう。

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

スキムミルクとフローズン・ヨーグルトなど低脂肪あるいは無脂肪の乳製品を選びましょう。

6. **Limit your intake of sweets and alcoholic beverages.**

菓子およびアルコール飲料の摂取は控えましょう。

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

毎日何らかの運動に参加しましょう。ウォーキング、ダンスあるいはゲームをしましょう。

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

調理にはラードまたは動物脂肪の代わりに植物性油またはカノーラオイルを使いましょう。コレステロールを含んでいないため、植物性油の方が優れています。

### Japanese Language Version

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# Good Food for Kids

## 子供に良い食品

- 1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

カルシウムは骨の発達と成長のために必要です。ミルク、ヨーグルト、骨付の魚、ブロッコリーなどの一部の緑黄色野菜に含まれています。

- 2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

鉄分は体のエネルギー生産を助けます。鉄分は赤身の肉、家禽類、魚、および乾燥豆に豊富に含まれています。

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

ニンジン、ホーレン草、その他の果物と野菜はビタミンAとビタミンCが豊富です。ビタミンAは明瞭な視覚と健康な皮膚に大切です。ビタミンCは歯茎を健康にし、感染から守ります。

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

エネルギーは大切です。パン、米、シリアル、麺から作られます。

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

果物、野菜、乳製品、ナッツなど健康的なスナックを選びましょう。こうした食品はソーダ、チップス、菓子に比べ、栄養が豊富で子供の歯にも良いです。

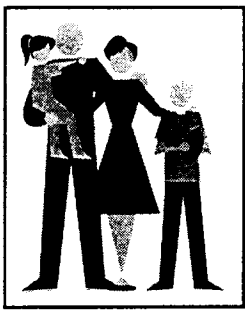
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子供が強く健やかに成長するには、日々の運動が大切です。

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# Better Health Begins With You!

## 당신과 함께 시작하는 건강한 생활

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

6 내지 11 교환단위의 저지방 빵, 씨리얼, 쌀밥 또는 파스타를 매일 적은 양씩 나누어 먹는다. 예를 들어, 아침에는 오트밀을, 점심에는 샌드위치를, 저녁에는 흰밥을 먹는다.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

매일 5 교환단위의 과일과 채소를 먹는다. 예를 들어, 아침에는 오렌지 주스를, 점심에는 샐러드를, 저녁에는 녹색콩과 삶은 감자, 그리고 포도를 먹는다.

3. Drink at least 8 glasses of pure, fresh water every day.

적어도 매일 8 잔의 물을 마신다.

4. Eat lean, low-fat meats, such as chicken or fish.

닭고기나 생선과 같은, 살코기나 기름이 적은 육류를 먹는다.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

무지방 우유나 후로즌 요거트 같은 저지방이나 무지방 유제품을 고른다.

6. Limit your intake of sweets and alcoholic beverages.

단음식과 알콜음료의 섭취를 제한한다.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

매일 운동을 한다. 걷거나 춤추거나 움직이는 놀이를 한다.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

라아드나 동물성 지방대신 조리시 식물성기름 또는 카놀라 기름을 쓴다. 식물성기름은 콜레스테롤이 없어서 여러분에게 더욱 좋다.

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# Good Food for Kids

## 아이들을 위한 좋은 음식

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

칼슘은 뼈의 발달과 성장을 위해 필요하며 이것은 우유, 요구르트, 뼈째먹는 생선 이나 브로콜리 같은 진한 녹색 채소를 통해 섭취할 수 있다.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

철분은 에너지를 생산 하는데 도움을 주며 이것은 붉은 육류, 닭고기, 생선 또는 마른콩에 많이 포함되어 있다.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

당근, 시금치, 기타 과일과 채소들은 비타민 에이와 씨이가 풍부하다.

비타민 에이는 시력과 피부에 좋고 비타민 씨이는 잇몸 건강과 질병예방에 좋다.

4. Energy is important and comes from breads, rice, cereal, and pasta.

열량섭취는 중요하며 빵, 쌀밥, 씨리얼, 그리고 파스타로 부터 얻어진다.

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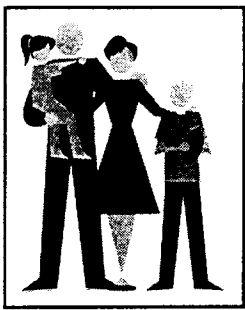
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2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

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3. Drink at least 8 glasses of pure, fresh water every day.

적어도 매일 8 잔의 물을 마신다.

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# Good Food for Kids

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یا مہترین حاضرین توو دہ ہت بیٹا کی

- ۱- همه مع پوژن ۶ هقا ۱۱ به هرتن یچیک بنو نرانی و سربالو و یرنجی و نه عربی و ده کی  
شوفان بوو سه هاربا وله فکک بوو فرامین و یرنج یوو هدیقی .

- ۹۔ یہ دھرا رُفیعاً وکے سکاتے بنو ہم سے رُفُور۔ وہ کسی منہ رہتا پر ہمہ عالی سے جا رہا اور لائے  
 بوع فرافین و بہ قلین کے ملک و بقاتا و تری بیور شیعہ۔

- ۴۔ بکیتی ۸ کوپین کہ قی پاقص قہ غور ھہ می رورری۔

- ۴۔ گوستق حېم مہوری بنو وہ کی عرسك يان ماہی.

- ۵-۲ پیگرہ چورن سہریا کیم چہ وریا وہ کی سہریا پئی دوہن و ماہتی قہ رہی،

- ۱۔ عَیْمٌ، خَارِیْقٌ مُرَبَّنٌ بِغَوٍّ وَحَیْمٌ، قَهْ خَارِیْقٌ کَیْنٌ،

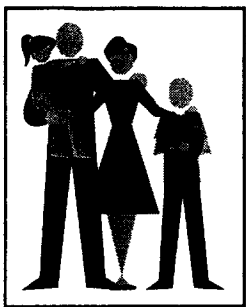
- ۷۔ ہندک یارینا وہ رزہی بکہ ہم می رزہی وہ می رہی تھ چون یان یاری عردن یانادہ ہوت۔

- ۸- زه پیل که سکتایا بکار میبخشد و بابتی چه درختی به رازی یا فافه درخت حیوانی دای، نریخت که سکتایا با بستره و بویو نه ندر درختی چونکه کولستر و لای تنداب .

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# Better Health Begins With You!

بەهترين سەرنەو دەست دەت بێت

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

١- هەمە ٦ بۆ ١١ هەمە ١١ بەهەرتێن بچیک بنو ژنان و سەرانی و برنجی و هەمە عەریی و هەمە  
سەفەلە یۆسە حەریا و لەفە کۆن بۆ فەرمەن و برنج یۆسە هەمە.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

٢- ٥ بەهەرا ژ فەقە و هەمە سەفەلە بنو هەمە یۆسە. و هەمە سەفەلە پەڕە مەلی سە حەریا و ژ لە  
بۆ فەرمەن و بە قەلێن هە سە و پەتە و کۆن یۆسە هەمە.

3. Drink at least 8 glasses of pure, fresh water every day.

٣- بکێنە ٨ کۆپێن ئە قەلێن پەقەش قە خوڕ هەمە یۆسە.

4. Eat lean, low-fat meats, such as chicken or fish.

٤- گۆشە چەم چە وری بنو و هەمە عەریی یان مەری.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

٥- ژ تەبەرە چۆرێن سەری کێم چە وری و هەمە سەری یان دۆهەن و مەری قە رە.

6. Limit your intake of sweets and alcoholic beverages.

٦- کێم ژ سەرنەو سەرنەو و کێم ژ قە حەریی کێن.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

٧- هەندێک یاری و هەمە رەزەن بکە هەمە یۆسە و هەمە سەری قە پەوێن یان یاری عەری یان دە هە.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

٨- زەبەت کە سەفەلە بکە بۆ کێم چە وری بە رەزە یان چە وری عەریی دی. ژبەت کە سەفەلە  
بەهەرە ژ بۆ تە نەمەریی چۆنکە کۆلەسترۆل نەبە.

Kurdish Language: Bahdiny, or Bahdinani, Dialect

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# Good Food for Kids

خارنێن یا نهی بوو بچیکا

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

١- کالسیۆم پێتقیییه بوو بمرهێز کرنا هه ستیکا . وهه به لسیری و ماهیه و ماهیه و ههنگ که ستانین  
هر و نهت .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

٢- ئه بهن هاری عاریا ده روونی دیت بوو نامه ناخ . وهه به لانی کونته موورو و مریه و ماهیه و  
یا ملین ههنگ .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

٣- کیزه و سپیناخ و قهقه و هه که له ک قهقه (A) و قهقه (C) بێدا هه به . قهقه (A) یا نه  
بوو چاف روونی و چه رهت مروه . و قهقه (C) یا نه بوو لیت قایم کرنی و دیرت نهت ژ کول بیتی .

4. Energy is important and comes from breads, rice, cereal, and pasta.

٤- نامه ک گرنگه وهه به لانی و پیرنه و سربالی و نه عریات .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

٥- ژ تیکره خا رتی نهت وه که قهقه و هه که و جوژین مری و بشفاده که فی خارنیه هه که نهو رینه  
و یا نه بوو ددانین بچیکا ژ سووده و چیه و سربانه .

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

٦- یارتین وه زهزی که له ک گرنگه بوو معزین بیها بچیکا و نامه ناوان .

Kurdish Language: Bahdiny, or Bahdinani, Dialect

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## Meat, Poultry, Fish, Eggs and Nuts, continued

کوشت، حه یوانتی کوخ، ماسی، هه ک وفاکیهی حه شک

### Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

### نقته ی باسط:

- ◆ به له مقداری خوارنی وه احتمالی هه یه له روز دا زیده به یت
- ◆ زی بو مه عیاری مقداری له کاغذ دا وون جاوو دییری به که ن، ئه و میزانه به رابه ره به 2 و 3 آوانسه
- ◆ کوشتی کا، به راز وبه رخی که م روون به که رن. روونی زیادبر به ئاوه من.
- ◆ جه رمی کوشتی مریشک وشامی به که رن وبه خون.
- ◆ خوارنی بروته ئینی به میزانی که م روونی به به زن: که بابی ده آکر، سوور که رنی له هه وخه ستن، سوور که رن، که لاندن نیمی، که لاندن ن یا حه شانده ن.
- ◆ زه مانی به به زانده نی کوشتیان که م مقدار روون مه سره ف به کن، یا به جیه روون اسبه ری به زانده ن مه سره ف به که ن.
- ◆ یه ک دان هیجی کوشت نه خون. زی بوو مه نیه عی بروته ئینی کرتتا باقه لا وتوفو به جه ربینن.

# Fats, Oils and Sweets

## شك، روونی زه یتی و شیرینی جیه



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

ئه م کارن ده ناوبه را روونی چه شك وروونی زه یتی که بوو خوارنان و بوو به زانده ن مه سره ف ته که رن، که نه وانان که ره روونی چه شك، روونی به راز وروونی زه یتی یه. ده ناو به را

روونی زه یتی، روونی کانولا (canola) روونی زه یتون وروونی سه وزه مه وجوده، بوو کونته رولا دیابه تا وه لازمه نسته تا وون روونی که م روونی و خوارنی روونی چه یوانی (روونی کوشت وروونی چه یوانی) مه سره ف به کن.

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

ده شیرینی نه نه رزی هه یه (کالری)، به له ویتامین و مه وادی مه عده نی وان که مه، جوون به شه که ره ونسبه تی روونی وان بلنده — نه وانان وه کی کیک، به سته و بسکوی یه.

*Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.*

زیادتر مه سره ف که رنا خوانی به شه که ری و به روونی، زی بوو شه که ری خوونی وزی بو کونته رولا وه زنی وه بور مشکوله. اکه ر وون به خوازن خوارنی به روونی و به شه که ری به خون، لازمه وون که م به خون.

### How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

### بورسیونی روون و شیرینیان جه مقداره؟

1 که وجه کی جای خوارنی روونی زه یتی

1 که وجه کی سووب سوسی خوارنی سالاد

2 که وجه کی جای خوارنی سوسی ماینووزی خه فیف

1 بارجه کووشتی به راز

1 کوله جه

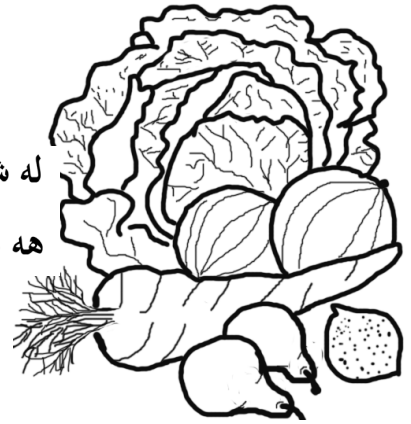
1 نان شیرینی به روونی ساده

1 که وجه کی سووب خوارنی شه ربه ت

10 – 15 بارجه به تاته

# Eat From all the Food Groups

له ش ساغی سه لامة تی جوون ده سته به ر ده بی, خوارده ن دروست که رده ن له هه موو کروب (group)?



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.

- ◆ جە بە جی که رده نی نانێ دانە ک دار (سه بووس دار), نه موونه: نانێ دانە ک دار, به ره نجی سوور, که نم, شیرینی, که له باب, که له م.
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
- ◆ خوارده نی سوور که راو, نه موونه هه لکه ورون, نه شاسته, هه ویر, بسکه ویت, نانێ اه ستور.
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
- ◆ سه ر شیرێ تازه, میوه ی باش, (کاتیه ک ئیوه قووتی میوه ده که رن سه یری تاریخی به که ن), قووتی میوه شیره دار به یت.
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
- ◆ قووتی میوه ی به جووک به که رن وئاومیوه ی تاییه ت و به جووک و هه رزان هه لیزیه رن.
- ◆ Eat raw and cooked vegetables with very little fat.
- ◆ خوارده نی کال و خوارده نی سه وزه به روونی که مه وه دروست به که ن.
- ◆ Use mustard instead of mayonnaise on a sandwich.
- ◆ به جیه کاهی سووسی سه ر سانه ویج کیه ی نیز (خه رده ل) به خون.
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
- ◆ سه وزه به روونی ئاو (اسبری) دروست به که ن, به جیه کاهی روون و که ره که ره ی باستوریزه و روونی خووک خوارده ن دروست به که ن.
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
- ◆ خوارده ن به زانسته وه درست به که ن که زور به قازانجه, مایه ی هه ویر, باش بی کولی نه ن, باش به که باب به که ن, باش سووری به که ن, باش هه له می به ده ن, وه رده وه رده که رمی به که ن و باش به شی شه وه به که ن.
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
- ◆ کووشتی بوقه له به جه وری به که رن, کاتیه ک ئیوه کووشت ده که رن کووشتی جوجه و بوقه له کووشتی مانکا, خووک, رانی خووک به که رن, البه ته حاوین و تاییه ت.
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
- ◆ له کاتیه ک دا شیر که رم ده که ن سه ر شیرێ به که رن له خوار (1%) جه وری دابه یت.



# Grains, Beans and Starchy Vegetables

## دانه ك, باقه له, نه شاسته, سه وزه

### What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal. People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.



### نه شاسته يا خوه ی جیه؟

نه شاسته له دانه ك, نان, دانه كی كه نم, جوو وشیرینی, باقه له وسه وزه دا هه یه, له هه ر کام خوارده مه نی ئیمه دا نه شاسته وخوه ی تی دا هه یه, بوی هه یه کومه لیک خه لك به ئیوه امر به ده ن که خوارده نی نه شاسته وخوه ی دار مه خون, اما ام توسیه هه تا هه تای نیه, خوارده نی نه شاسته وخوه ی لازمه بو له ش ساغی بو هه مو که س, به تاییه ت بو خه لکی دیابه تی.

### How many starches/carbohydrates do I need each day? 6–11 servings each day

جه ند زه م خوارده نی نه شاسته وخوه ی بوو من بیویسته له روز دا؟ 6 – 11 زه م له روز دا.

The number of servings you should eat each day depends on:

- ◆ The calories you need
- ◆ Your diabetes plan

جه ند زه م بوو مروفی دیابه تی لازمه له هه ر روز دا:

- ◆ میزانی کالری (هیز) که بوو ئیوه لازمه
- ◆ به لانی ئیوه بوو نه خووشی دیابه ت

**What do starches and carbohydrates do for my body?** Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

جه ند نه شاسته وخوه ی بوو به ده نی نیزه بیویسته؟ نه شاسته نه رزی وهیز ده دات به به ده نی ئیوه وهه ر وه ها ویتامین ب – B, مه وادی مه عده نی وبه ت, دانه ك که لیک بوو له ش ساغی باشه جون دانه ك ویتامینی زوره وهه ر وه ها وبه تی زوره, به ته کان (بافته کان) یارمه تی ئیوه ده دات بو ریک و بیک که رده نی ناو به ده ن وه ك سه ك وهه ر وه ها حه ره که تی به ده ن, به تاییه ت یارمه تی ئیوه ده دات بوو کونته رولی دیابه ت.

## Grains, Beans and Starchy Vegetables (continued)

دانه ك, باقه له, نه شاسته, سه وزه

### How much is one serving of starch/carbohydrate?

- ◆ 1 slice of bread
- ◆ 1 small potato, casaba or plantain
- ◆  $\frac{1}{2}$  cup cooked cereal such as oatmeal or cream of wheat
- ◆  $\frac{3}{4}$  cup dry cereal such as corn flakes
- ◆  $\frac{1}{3}$  cup of cooked rice
- ◆ 1 small tortilla, roti bread or enjira bread

جه ند زه م بيوسته خوارده نی نه شاسته وخوه ی؟

- ◆ 1 بارجه نان
- ◆ 1 بارجه به تاته, به نیر وموز
- ◆  $\frac{1}{2}$  فه نجان خوارده نی که نم به ریتی یه له ناردی جوو شیریه ی که نم
- ◆  $\frac{3}{4}$  فه نجان حبوبات وه ك دانه ك, که نم, جوو وه شك
- ◆  $\frac{1}{3}$  فه نجان خوارده نی به رنج.
- ◆ 1 نانی به رشته یا نانی رووتین.

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

*Breakfast:*  $\frac{3}{4}$  cup dry cereal and 1 slice of bread—2 servings

*Lunch:*  $\frac{1}{3}$  cup of rice and  $\frac{1}{2}$  cup of cooked plantains—2 servings

*Dinner:*  $\frac{1}{2}$  cup of pasta and one bread stick—2 servings

*Snack:* 6 crackers—1 serving

*Total for the day:* 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

ئه حته مالی هه یه ئیوه بیوستان هه بی به یه ك یا دو یا سه زه م له خوارده نی نه شاسته خوه ی, اكه ر ئیوه محتاجی زیاترن به نه شاسته وخوه ی له زه م دا, خوارده نی جوراجور له هه ر کروب یه ك هه لیزرن بوو نه موونه:

سه ر له به یانی:  $\frac{3}{4}$  فه نجان دانه کی وه شك 1 بارجه نان — 2 زه م.

نه هار:  $\frac{3}{1}$  فه نجان به رنج,  $\frac{1}{2}$  فه نجان خوارده نی کباهی — 2 زه م.

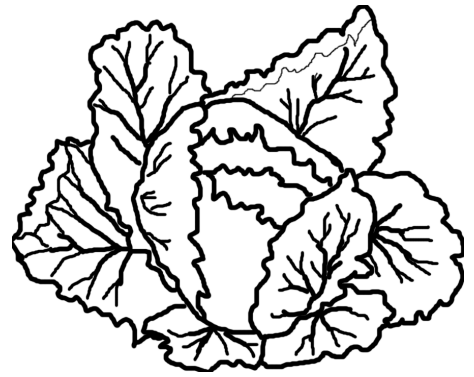
شام (شه و):  $\frac{1}{2}$  فه نجان شیرینی, یه ك بارجه نان — 2 زه م.

خوارده نی سووک: 6 کوله جه — 1 زه م.

به کومه ل بوو یه ك روز: 7 زه م. ناکدار بن که خوه ی به میزانی ته واو له خوارده ن دا هه یه, نه مه یارمه تی ئیوه ده دات بوو کونته رولی دیابه ت.

# Vegetables

## سه وزه



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

سه وزه له ش ساغی بوو هه موو که س ده هه په نه ت, بوو خه لکانی دپابه تی, خواده نی کال وجی به جی که رده نی سه وزه بوو هه موو که س باشه, ویتامینی ئیوه دروست ده که وه رو هه وادی مه عده نی ئیوه دروست ده که سه وزه ی خاوین (کالری) هه یز دروست ده که, سه وزه به کلر به شون, بوو نه موونه که ره ویز, بیبه ر, بایه نجان, کولی که له م, ته ماته, نه سفه ناج.

You should have 3 to 5 servings every day.

خوارده نی ئیوه 3 و 5 زه مه له روز.

### How much is a serving of vegetables?

- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice

### خوارده نی سه وزه چه ند زه مه؟

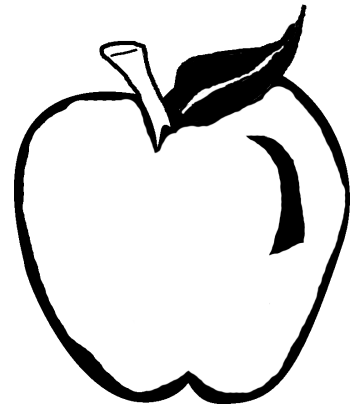
- ◆ ½ فه نجان خوارده نی سه وزه نه موونه خوارده نی باقه لای سه وز, بایه نجان, ئسفه ناج, که دو
- ◆ 1 – فه نجان سه وزه ی کال نه موونه سالاد, هه ویچ, فه نجانیه ک ته روزی
- ◆ ½ شیره ی سه وزه نه موونه شیره ی ته ماته یا شیره ی هه ویچ

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

خوارده نی ئیوه ته واو یه ک زه مه, دو زه مه, سه زه مه, ئیوه له روز دا بیویسته به م بروکه رامه, اکه ر بیویسته زیاتر به خون, له خوارده نی سه وزه دا سه وزه ی جوراجور بیویته ودو زه م, سه زه م له روز دا.

# Fruits

## میوه



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

میوه بوو هه موو که س له ش ساغی ده هیه نیت به تاییه ت بوو مروفی دیابه تی، میوه به ئیوه هیز، ویتامین، ومه وادی مه عده نی، به ت (بافت) ده دات.

**How many servings of fruit do I need?** 2 to 4 servings

نیمه بیویسته مان به جه ند زه م میوه هه یه؟ 2 و 4 زه م

**What is a serving of fruit?**

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
- ◆ ½ cup of apple or orange juice
- ◆ ½ of a grapefruit
- ◆ 1 small banana or ½ of a large banana
- ◆ ½ cup of chopped fruit
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)

**جه ند زه م میوه بیویسته؟**

- ◆ 1 سیوی به جوک (ته قه ریپی به میزانی به ر مه شتی خاتونیه ک).
- ◆ ½ قه نجان سیو یا شیریه ی بورته قال.
- ◆ ½ میوه ی هه نکور
- ◆ 1 موزی به جووک یا مه زن
- ◆ ½ قه نجان ئاو میوه
- ◆ ¼ قه نجان که شمه ش یا میوه ی وه شک (ته قه ریپی به میزانی به ر ناو به نجه ای خوتان)

You might need to eat one or two servings of fruit at a meal.

ئیوه بیویسته تان هه یه به یه ک یا دو زه م میوه له ناو خوارده ن دا.

**How should I eat fruit?**

- ◆ Eat fruits raw, or as juice with no sugar added.
- ◆ Buy smaller pieces of fruit.

**میوه جوون به مه سره ف که م؟**

- ◆ میوه ی کال یا شیریه ی میوه البه ته به شه که ری که مه وه به خوون.
- ◆ یه ک بارجه به جوکی میوه به که رن.

# Milk and Yogurt Foods

## شیر و ماست

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

خوارده نی ماست و شیر له میزانی چه وری که م لازمہ بوو له ش ساغی هه ر مروف به تاییه ت مروفی دیابه تی، شیر و ماست به نیوه ننه رزی ده دات، پروتئین، کلسیوم و هه موو ویتامین و مه وادی مه عده نی که نیوه لازمہ مه سره ف به که ن.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

به خوون شیر ی (1%) له خوار چه وری وه هه موو روزه یه ک و هه ر وه ها ماست له خوار چه وریه وه، به م جوره شیر و ماست بی چه وری کلستوری که مه و به قاز انچه. وکولسترول.



**How many servings do I need each day?** 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

چه ند زه م بوو من لازمہ هه ر روز یه ک؟ 2 و 3 زه م هه ر روزه یه ک. ناکاداری: اکه ر سه کی نیوه به ره یا مه مه کی نیوه بیوستی به شیر هه موو روز یه ک چه هار یا به نج زه م شیر و ماست له روز یه ک دا بوو نیوه لازمہ.

**How much is a serving of milk and yogurt?**

- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
- ◆ 1 cup skim or low-fat milk

چه ند زه م خوارده نی شیر و ماست بیویسته؟

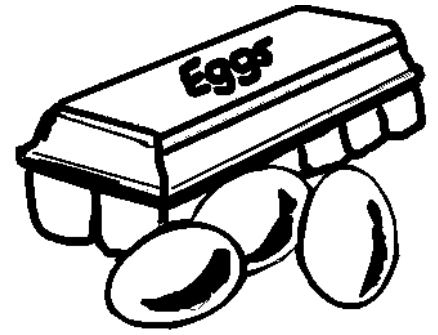
◆ 1 فہ نجان ماستی بی چه وری لازمہ

◆ 1 فہ نجان سه ر شیر ی به چه وری لازمہ

*Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.* به هه ز ناکاداری: که ن له ماسته یه ک که ده له ن میوه ی له سه ره، نه م ماسته میزانی شه که ری زوره.

# Meat, Poultry, Fish, Eggs and Nuts

## کاشت، جوجه و بوقه له، ماسی، هیلکه و کویز و فہ ندق



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

نه م کروبہ خوارده نه کوشتی یان هه یه (جونده ر، کوشتی خووک جوجه) بوقله، هیلکه و کویز و فہ ندق ووه ک نه م کروبہ خوارده نانه له سه ره و، خوارده نی روزانه ومانکانه، الیه ته نه م کروبہ خوارده نانه له به ده ندا به بروته ئین جی به جی ده به یت.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

خوارده نی بروته ئین یارمه تی ئیوه ده دات بوو دروست که رده نی ماهیچه و به ته کان، نه وانه به تاییه ت ویتامین و مه وادی مه عده نی به به ده ن ده که یه نین.

### How many protein foods do I need each day? 2 to 3 servings

بیویستی نه مه به مه وادی بروته نین له روزدا جه نده بیویسته م هه یه له روز یه ک دا؟ 2 و 3 زه م

### How much is a serving of meat, poultry, fish, eggs and nuts?

- ◆ 2 to 3 ounces of cooked fish
- ◆ 2 to 3 ounces cooked chicken
- ◆ 3 to 4 ounces tofu (½ cup)
- ◆ 1 egg (equals one ounce of protein)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
- ◆ 2 tablespoons of peanut butter (equals one ounce)

جه ند زه م کاشت، جوجه، بوقه له، ماسی، هیلکه، فہ ندق، به سته بیویسته؟

- ◆ 2 و 3 آوانس له خوارده نی ماسی
- ◆ 2 و 3 آوانس له خوارده نی جوجه
- ◆ 3 و 4 آوانس (2/1 فہ نجان) توفو (tofu)
- ◆ 1 هیلکه به رابه ر له که ل یه ک آوانس له بروته ئین
- ◆ 1 بارجه له به نیر یا یه ک آوانس له به (نیر ته قه ریبیا به رابه ر له که ل د – D شوشه)
- ◆ 2 که وجه ک جای له بادام وکه ره (به رابه ر له یه ک آوانس)

## Meat, Poultry, Fish, Eggs and Nuts (continued)

كوشت, جوجه و بوقه له, ماسى, هيلكه وكويز وفه ندق

### Helpful Tips:

- ◆ The serving size you eat now may be too big.
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
- ◆ Eat chicken or turkey without the skin.
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
- ◆ Have a meal without meat. Try beans or tofu as your protein source.

يارمه تى فه راوانى تى به كان:

- ◆ زه مه كانى خوارده نى ئيوه احتمالى هه يه له روزدا فه راوان وقورس به يت
- ◆ بوويا له كاغذ دا ئيوه جاوو ديپيرى به كه ن, ئه م ميزانه به رابه ره به 2 و 3 آوانس
- ◆ له كاتى كه رينى بارجه يه كه له كوشتى مانكا, كوشتى خووك و رانى خوگ جاوديرى به كه ن جه وري كه م به يت, خاوين وتاييه ت به يه ت له قه له ويدا.
- ◆ جوجه له و بوقه له ي به بى ست به خوون.
- ◆ خوارده نى بروتته ئين له ميزانى قه له وى خواره وه, كه باب كه رده ن, شيش كه رده ن, سوور كه رده نه وان, كه رم كه رده نه وان, هه لم دان, كولان, ورده ورده كه رم كه رده ن.
- ◆ ئيوه له مه سرفى روون دا به تاريخى ته وه جه به كه ن يعنى روون به تاريخى خواره وه يا كه له كه وه ركه رن له روونى ئاو (اسبى) به جيه كاهى روونى نورمال
- ◆ اكه ر ئيوه خوارده نى به كوشت مه سره ف ده كه ن به جيه كاهى كوشت باقه له وشيرينى.

# Fats, Oils and Sweets

## قه له وی, جه وری وشیرینی



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

قه له وی وجه وری له ناو روونی که ره وکه ره ی مه سنووی, جه وری خووک وه ره ها روون یه ک که نیمه ده کرین ومه سره فی ده که ن له خوارده ن دا. کو مه لیک جه وری نه مانه ن کانولا (canola) زه یتوون وسه وزه, قه له وی زیاتر له ناو کوشت دا هه به, به ره می شیر, ماست, خوارده نی کیهی وتاقه مه یه ک شیرینی, نیوه جاوو دبیری نه خوه شی شه که ره که تان به که ن به شیرینی خوارده نیه ک به جه وری که مه وه یا بی روونه وه (قه له وی که نیمه تووشی ده بین له کوشت وبه ره می نازه له (جه یوان).

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

به تایبه ت شیرینی هیزیان هه یه (کالری), به لام نازه ل به به شه له ویتامین ومه وادی مه عده نی, ده سته یه ک شیرینی له ده ره جه ی سه ره وه ی جه وری دان وه کیک, کولوجه.

*Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.*

تاقه مه یه ک خوارده ن هه ن که میزانی جه وری شه که ریان زوره, نیوه ده توانه ن وه زن (فورسایی) وشه که ری خوتان کونته رول به که ن, لکه ره نیوه ده خواره ن خوارده نی جه وری وشیرینی, له میزانی خوارده نی بروته نیی خواره وه.

## How much is a serving of fats, oils and sweets?

- ◆ 1 teaspoon oil
- ◆ 1 tablespoon regular salad dressing
- ◆ 2 teaspoons light mayonnaise
- ◆ 1 strip of bacon
- ◆ 1 cookie
- ◆ 1 plain doughnut
- ◆ 1 tablespoon syrup
- ◆ 10–15 chips

جه ند زه مه میزانی خوارده نی جه وری روون وشیرینی؟

1 که وجه کی جای خواردانی روون

1 که وجه کی سووب خوارده نی سالاد

2 که وجه کی جای خوارده نی سوسی ماینووز

1 بارجه کووشتی خووک ووشک

1 کوله جه

1 نان شیرینی به روونی ساده

1 که وجه کی سووب خوارده نی شه ربه ت

10–15 بارجه به تاته



## Kurdish Sorany

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بابه ت اداری عه لمه مروف ناسی وجغرافیا، نه م عه لمه سه ر جاوه که ی عه لمی خوارده ن بوو امریکای نویه به هه مه تی کولیه جی نیاله تی جورجیا و نیاله تی اتلانتا دار زاوه وهه ر وه ها وه زاوه تی فه لاهه ت ایالات متحده امریکا (به شی خوارده ن وخه ده ماتی خوارده ن بوو بروکرامی خوارده نی بنه ماله کان) به رایه ر له که ل یاسای فه درال و اداره ی امریکا و سیاسه تی وه زاوه تی فه لاهه ت اه م نئسیتیویه ناکاداری داوه که به رایه ری دراسه کار ده کات بوو هه موو که لان به له جاوه که رده نی ره که ز، ره نک، مه لیه ت، دین، جه نس، ته مه ن وزیاتی سیاسی و به ک که و ته ای.



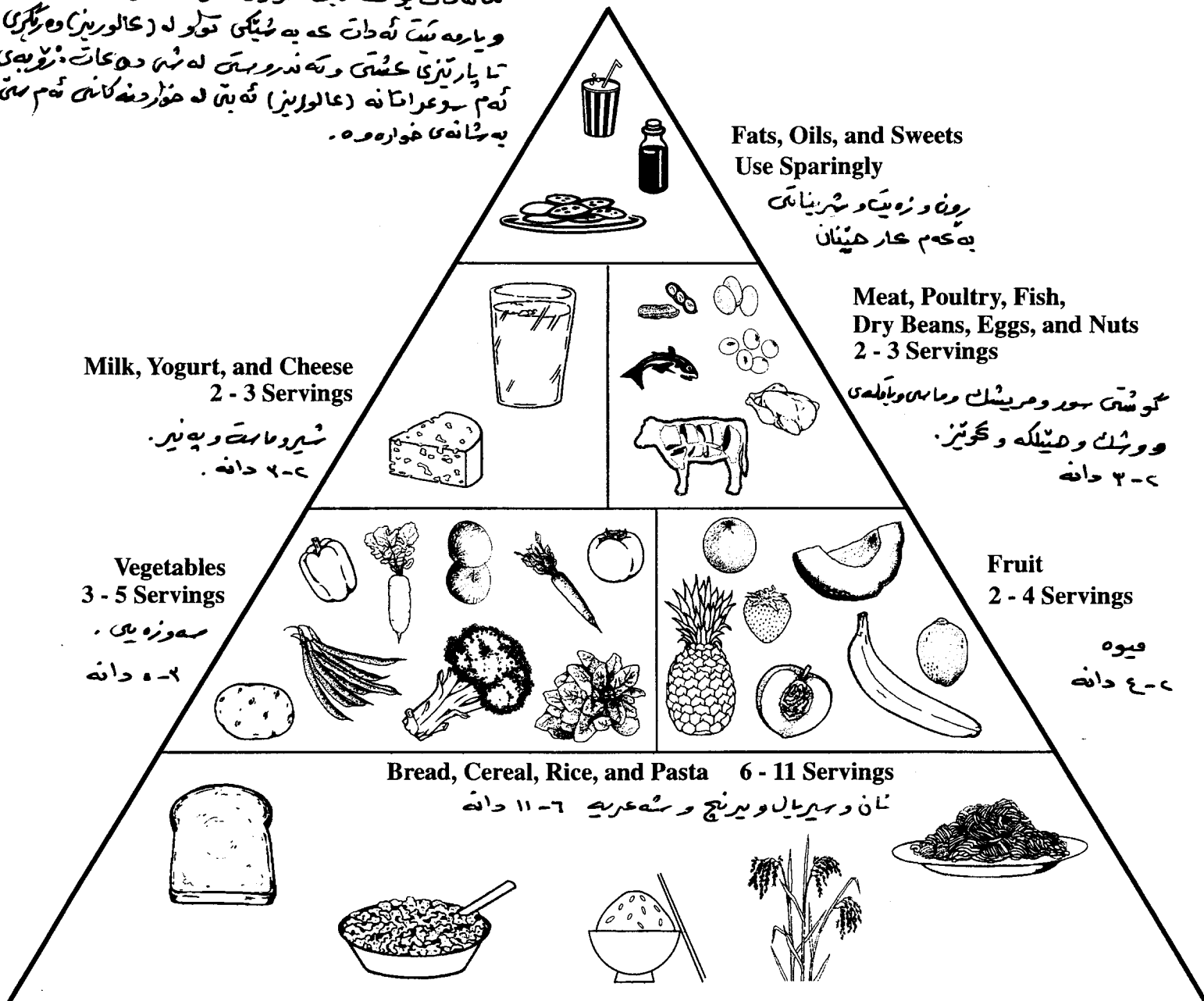
# The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

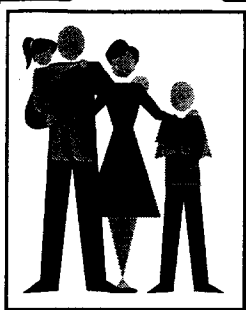
هه رځومه ليدل له مځومه لاند هه نځيل سووړي ده دات  
نه هه موو جوړه کاني خواردن گه ته ته ویت. خواردن  
له کومه ليدل نابيتته جيگر بو کوفه ليکي تر. هيچ کوفه ليدل  
گزي تر ميه له کوفه له ي خواردن تر بو ته ندره پي ياش  
هه مووت ده ویت.

رڻڻاي خوارڻي هه ره وئ ده ڀيلڻي گسڻيه چون ڪه به رڻڻاي  
ته ندر وڃي ته ٻوه لڏه ٻڙ ٿيڻي . ته ٻه هه روهه وڻان  
له ته ڪات پڙ هه نڊڻي ڪوران ڪاري نه خوارڻي به سوره  
ويارهه ته ته ڏات ڪه به ڀيلڻي ٿول (عالورين) وه ڀيلڻي  
تا پار ٿيڻي گسڻي وه ندر وڃي ته ته ڏات ڪه به رڻڻاي  
ته سوره رڻان نه (عالورين) ته ٻي نه خوارڻي ڪانه ته ته ته  
به ڄاڻانه خواره وه .



Kurdish Language: Sorani, or Swrany, Dialect

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# Better Health Begins With You!

چا کترن خوراک که ده ست پئی ته که ی

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.  
 ١- ده موو پرۆژێ ٦ ههتا ١١ به ئێ که مێک بچۆ له نان و سیریاڵ و میرنج و نه یه وه که شوخان بۆ به بیانیان وه فەیلک یۆ نیوهرۆ و میرنج یۆ مێو.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.  
 ٢- ٥ به ئێ له میوه و سهوزه ی بچۆ ده موو پرۆژێ. وه که سه ریه ئێ پوره که قال بیانیان و سه لاته یۆ بیوه رۆ و نه قالیه ک سه وز و به ئانه و ئێ یۆ مێو.

3. Drink at least 8 glasses of pure, fresh water every day.

٣- به که می ٨ عوبی ئه ده فهاوتنی بچۆ ده ده موو پرۆژێ.

4. Eat lean, low-fat meats, such as chicken or fish.

٤- خوراکه عه م چه وری بچۆ وه که مرشیک یا ن مامی.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

٥- هه ئێژێ ژه جوهره کانی شیریه عه م چه وری وه که شیریه یا ئێ پرۆژ و مامی یه ئێژ.

6. Limit your intake of sweets and alcoholic beverages.

٦- زۆر عه م له خواردنی شیرین و خواردنه و کانی عقیانی.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

٧- هه ئێژێ یاری وه زه زه ئێ بکه ده موو پرۆژێ وه که ریت وه جووژ یا ن یاری عه ردن یا ن مامی.

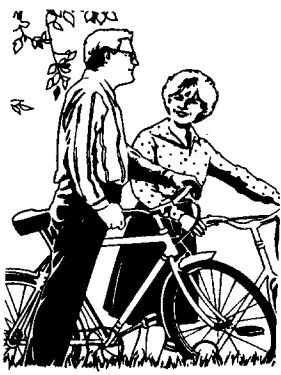
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

٨- زه ئیه سه وزه یه کار به ئینه له جیانی چه وری به ئاز یا چه وری حیوانه کانی تر. زه ئیه سه وزی یا ئه ره له یۆ نه درستی چونکه کولیسترولی نیانیه .

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# Better Nutrition for Mature Adults

باشترین هۆاردن بۆ مەزۆنی بیگه یشتوو هه رزه عار

1. Drink 6 - 8 glasses of water every day.

٦-٨ پەرداغ ئماو بڤهوه هه موو پۆژێ .

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

٢- ئه و هۆاردانه بڤهوه زۆر کالسیمی ئیایه وه کو ئیرو پەنیرو ماهی و ماهی و هه ندیک سه رزه وان که سه رو ئییه وه کو مریکوی . کالسیم زۆر بڤهسته پۆ ئیستان .

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

٣- ده ست که وهی زۆر له فیامین (A) و فیامین (C) له هۆاردنی صیوه و سه رزه وان و هه کو ئییه و پوره مال . فیامین (A) گرنگه پۆ چاو و پوره و فیامین (C) یانه پۆ لیو دور نه خات له نول بچوت .

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

٤- ئه و هۆاردنه بڤهوه که ئا مانی ئیایه و تاقصت نه داته دهرۆن . ئه ست زۆر له کو ئییه هور و مرشک و ماهی و یاقله ی و شک .

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

٥- کو ئیت و ماهی و مرشک و یایه له سه ر به زامه ی خوراکی تا دورر که وکی له که م بوونی زنگ . زنگ یاریده دهره پۆ چاک بوونه وکی بچین به زوویی .

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

٦- به رده واهی له سه ر به روه ده ی له خه . به روه ده ی له خه له ده روه ی حاله وه با هتزه جیونکه فیامین (C) چاک نه ست .

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# Better Health for Mother and Baby

تە ندروستی یاش یۆ دایک و منداڵ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

١- دوورکەوێ لە خواردنە وە ی ئگیا نی و خواردنە وە کانی کافین ی نیایە وە کو عاوه و بەاردی.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

٢- ئە و خواردنە یغو کە کالسیومی نیایە هەموو پرۆژێ . وە عو شیر و پە ییر و ما بێت و ما یە . و هە ندێ  
مە وزە وانی سەر بێت .

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

٣- ٢ بگو ٣ یە ش ل گوشت و ما یە و چیکلکە و یا قە هەموو پرۆژێ ل بە ر پرۆین

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

٤- یە کە می بێت و یستە ٥ یە ش ل مێو و مە وزە یغو یست هەموو پرۆژێ هە تا وە ر یگری قییا مینانی  
پێو یست . یغو هە ندێک مۆز و سەر یال لە بیانیان و مێو وە کو دە نە یکی مەووک لە دوا ی نیو پرۆ  
و هە ر وە ها گێژە ریا کە رە وز لە کە ل دە نە ی نیو پرۆ و یرو کولی و مە لادە لە کە ل مێو .

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

٥- بگو ٦ هە تا ١١ یە ش بگوک لە خواردن کە نفی زوړ پێو یست یۆ تە ندو ر یست و هێژ .  
ئە وە ش وە عو نا بێ کە شم و یرو نبی عاوه یی .

6. See your doctor early in your pregnancy.

٦- مە ر دانی پزیشکە کە تە ( دختوړ ) یکە لە کانی  
دوو گیاندا ( لکە ) .

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

٧- ئا گادری یە کە عیشت تە وە و یانێ لە کانی دوو گیاندا . ئە وە ش ئە بێت ٢٥ تا ٣٥ پاون .  
داوای یار مە تە کە لە دکۆرە کە ت یکە .

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# Good Food for Kids

خواردنی باش بۆ منداڵ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

١- کالسیۆم پێویستە بۆ ئێسقان بە هێز کردن . وە شیر و مایە و مایە و هەندێک بە وزە ی هەروەستە  
وە کو پرگولی .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

٢- ئە بەت یارەتی دەرون دە دات بۆ دروست کردنی هێز یا تاقە . هەبە لە گوشتێ سوو و  
میشک و مایە و پاڵە و وێک .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

٣- گێژ و سپیناخ و مێو و سە وزە وات زۆر فیتامین (A) و فیتامین (C) لە ناو هەبە . فیتامین (A)  
بەتە یۆ چا و نێزی و بێستە سووشتە . فیتامین (C) باشە یۆ لیو تاقیم کردن و هەروەستە ئە خاتە لە  
کۆل یوز .

4. Energy is important and comes from breads, rice, cereal, and pasta.

٤- تاقەت کێرنگە و هەبە لە نان و بیرنج و سەرپال و سەرپە .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

٥- هە لێوێرە خواردنی سووک وە کو فیتە و سە وزە وات و جێرە کانێ شیر و یێزێ ٤ ئەم خواردنانه  
نە نێر و هێستە ، و باش ترە یۆ دەدانی خێرانی لە سوو و یا نا ساردی و چیمس و سێرین .

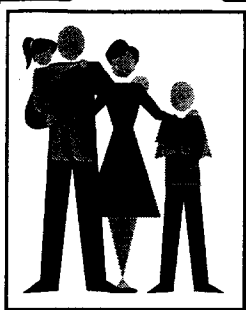
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

٦- پێر وە رەستە لە نێ زۆر کێرنگە بۆ منداڵ بۆ کە وەرە یوونی لە سێکە یە هێز .



Kurdish Language: Sorani, or Swrany, Dialect

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# Better Health Begins With You!

چا کترن خوراک که ده ست پئی ته که ی

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.  
 ١- ده موو پرۆژێ ٦ ههتا ١١ به ئێ که مێک بچۆ له نان و سیریاڵ و میرنج و نه عیریه وه کو شوخان بۆ به بیانیان وله فەیلک یۆ نیوهرۆ و میرنج یۆ مێو.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.  
 ٢- ٥ به ئێ له میوه و سهوزیه بچۆ ده موو پرۆژێ. وه کو سه ریه ئێ پوره که قال بیانیان و سه لاته یۆ بیوه رۆ و به قالییه که سه وز و به ئانه و ئێ یۆ مێو.

3. Drink at least 8 glasses of pure, fresh water every day.  
 ٣- به که می ٨ عوبی ئه ده هاوتن بچۆ ده ده موو پرۆژێ.

4. Eat lean, low-fat meats, such as chicken or fish.  
 ٤- خوراکه که م چیه وری بچۆ وه کو مریشک یا مامی.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.  
 ٥- ده ئێژێ ژه جوهره کانی شیریه که م چیه وری وه کو شیریه یا پرون و مامی به ئێژ.

6. Limit your intake of sweets and alcoholic beverages.  
 ٦- زۆر که م له خواردنی شیرین و خواردنه و کانی عقیانی.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.  
 ٧- ده ئێژێ یاری وه زه زه ئێ بکه ده موو پرۆژێ وه کو ریت وه جوون یا یاری کردن یا مامی.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.  
 ٨- زه ئێژێ سه وزه به کار به ئێ له جیانی که وری به ئێژ یا که وری حیوانه کانی تر. زه ئێژێ سه وزه یا ئێژ له یۆ نه درستی چونکه کولیسترولی نیانیه.

Kurdish Language: Sorani, or Swrany, Dialect

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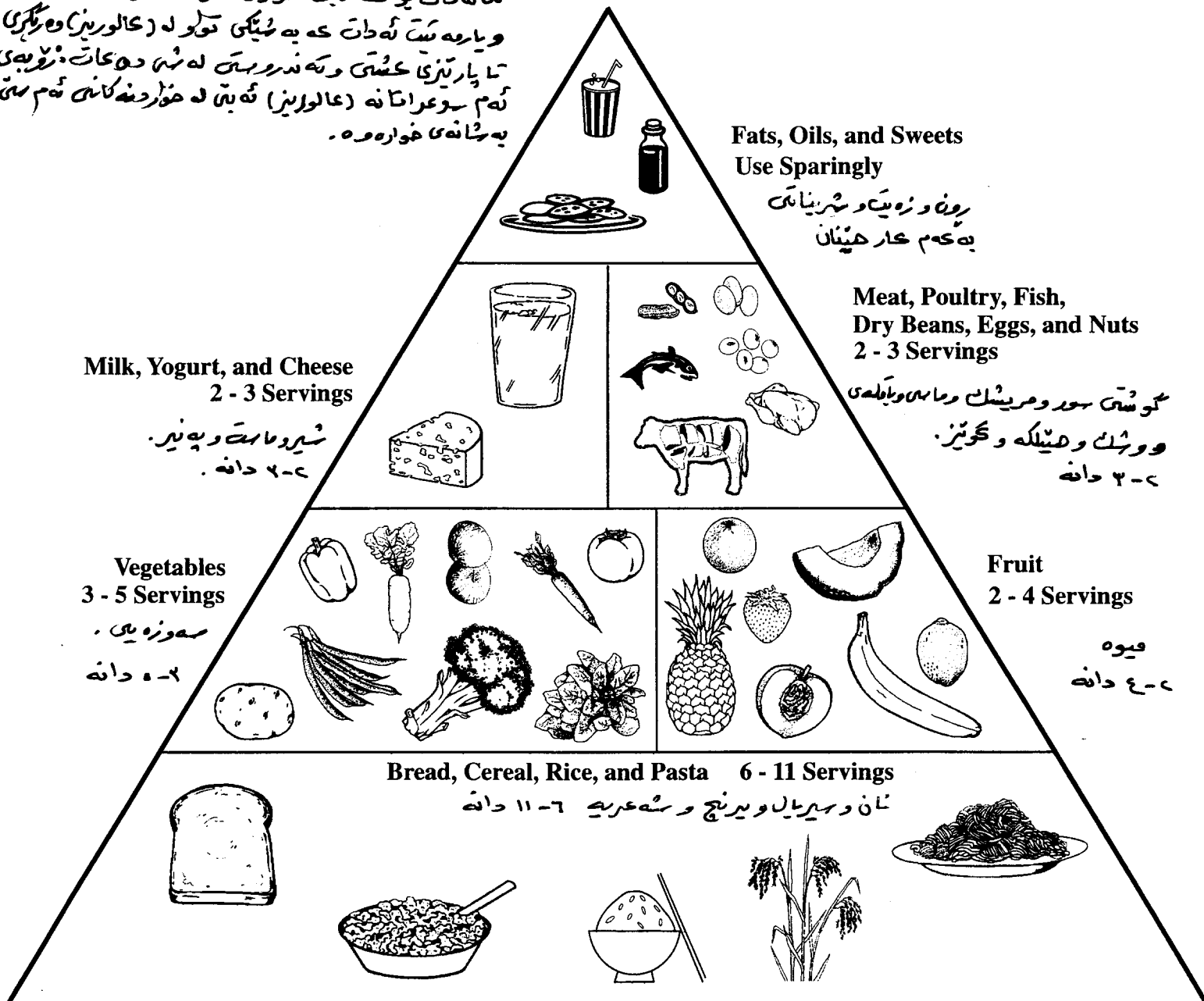
# The Food Pyramid

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

هه رځومه ليدل له مځومه لاند هه نځيل سووړي ده دات  
نه هه موو جوړه کاني خواردن گه ته ته ویت. خواردن  
له کومه ليدل نابيتته جيگر بو کوفه ليکي تر. هيج کوفه ليدل  
گزي تر ميه له کوفه له ي خواردن تر بو ته ندره سي ياش  
هه مووت ده ویت.

رڻڻاي خوارڻي هه ره هي ده ليلي گسيه چونڪ به راندي  
ته ندره سيته پوهه لڏه پڻ تيرين . ته هم هه روهه واون  
له ته کات پڻ هه نديڪ ڪوران ڪاري نه خوارڻي يهود  
ويارهه سيته ته کات ڪه به ڏيکي ٿو له (عالورين) وه پڻ  
سا پار تيزي ڪسي و ته ندره سيته له ته دو کات ڏو به  
ته هم سور انا نه (عالورين) ته بي نه خوارڻه ڪانه ته هم  
به ڏانهن خواره وه .



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# Good Food for Kids

خواردنی باش بۆ منداڵ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

١- کالسیۆم پێویستە بۆ ئێسقان بە ھێز کردن . وە شیر و مایە و مایە و ھەندێک بە وزە ی ھەروەستە  
و ھە کو پرگولی .

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

٢- ئە ھە یارە ھە ئێ دەرون دە دات بۆ دروست کردنی ھێز یا تاقە . ھە یە لە گوشت سور و  
میشک و مایە و پاڵە و وێک .

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

٣- گێژ و سپیناخ و مێو و سە وزە وات زۆر فیتامین (A) و فیتامین (C) لە ناو ھە یە . فیتامین (A)  
بە ھە یە یۆ چا و نێزی و بێستە سور و ھە یە . فیتامین (C) باشە یۆ لیو ھایم کردن و ھە رری ئە خات لە  
کول یوز .

4. Energy is important and comes from breads, rice, cereal, and pasta.

٤- تاقە گرنگە و ھە یە لە نان و بیرنج و سەرپال و سەرپە .

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

٥- ھە لێژێرە خواردنی ھە کو فیتە و سە وزە وات و جۆرە کانێ شیر و یزق لە ھە م خواردنە  
نە ندر و ھە یە ، و باش ترە یۆ دە دانێ خە لانی لە ھە وە یان ھاردی و چیمس و سەرپە .

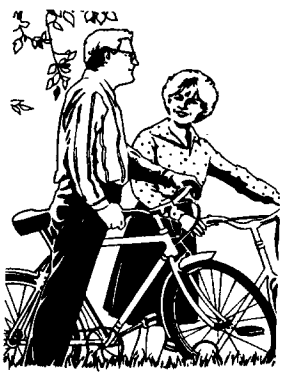
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

٦- پەر و ھە یە لە ھە یە زۆر گرنگە بۆ خە و ھە یە یوزن لە سێکە یە ھێز .



Kurdish Language: Sorani, or Swrany, Dialect

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# Better Nutrition for Mature Adults

باشترین هۆاردن بۆ مەزە و ژیانگە یێشوو هەرزە عەر

1. Drink 6 - 8 glasses of water every day.

٦-٨ پەرداخ ئاو بڤووه هەموو پۆژێ.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

٢- ئەو هۆاردانە بڤووه زۆر کالسیۆم ئیایە وە کو ئیرو پەنیرو مایە و مایە و هەندیک مەزە و ئەو  
کە سەر و شێ وە کو مەزە - کالسیۆم زۆر بڤووه یۆ ئیستان .

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

٣- دەستە کە وە زۆر لە فیتامین (A) و فیتامین (C) لە هۆاردنە مەزە و مەزە و ئەو کو ئیرو  
و پەنیرو مایە . فیتامین (A) گرنگە یۆ چاو و پەنیرو مایە و فیتامین (C) یارمەتێ یۆ لێو دەر ئە خات لە ئول  
بەوێ .

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

٤- ئەو هۆاردنە بڤووه کە ئیایە و تاقەت ئە داتە دەر و . ئە هە زۆر لە مەزە و مەزە و مەزە  
و مایە و مایە و مەزە .

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

٥- کو ئیرو مەزە و مەزە و مەزە لە مەزە بە زامە ی هۆاردنە مەزە و مەزە و مەزە  
ئەو یارمەتێ دەرە یۆ چاک بڤووه وە ی بڤووه .

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

٦- بە زامە و مەزە و مەزە و مەزە . پە زامە و مەزە و مەزە و مەزە و مەزە و مەزە  
فیتامین (C) چاک ئە بێت .

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# Better Health for Mother and Baby

تە ندروستی یاش یۆ دایک و منداڵ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

١- دوورکەوه لە خواردنە وە ی شکیانی و خواردنە وە کانی کافین ی نیایە وە کو عاوه و بەاردی.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

٢- ئە و خواردنە یغو کە کالسیومی نیایە هەموو پرۆژێ. وە عو شیر و پە یڕ و ما بەت و ما یڕی. و هە ندی مە وزە وانی سەر هێت.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

٣- مېغو ٢-٣ یە ش د گوشت و ما یڕ و هێلکە و یا قە هەموو پرۆژێ ل بە ر پرۆین

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

٤- یە کە می بیت و یستە ٥ یە ش ل مېو و مە وزە یغو یست هەموو پرۆژێ هە تا وە ر یگری قییا میانی ییو یست. یغو هە ندیک مۆر و سەر یال لە بیانیان و مېو وە عودە نە ییکی مودک لە دوا ی نیو پر و هە ر وە ها گێژە ریا کە رە وز ل کە ل دە ئە ی نیو پر و ویر عولی و مە لائە ل کە ل مېو.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

٥- بغو ٦ هە تا ١١ یە ش بچوک لە خواردن کە نفی زوړ پێو یست یۆ تە ندو ر هێ و هێژ. ئە وە ش وە عو نا بی کە شم ویر نبی عا وە یی.

6. See your doctor early in your pregnancy.

٦- مە ر دانی پزیشکە کە تە ( دختوړ ) یکە لە کانی دوو گیانی ( کحل ).

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

٧- ئە گا داری یە کە عیشت تە وە وە یانێ لە کانی دوو گیانی. ئە وە ش ئە بیت ٢٥ تا ٣٥ پا وێ. دوا ی یار مە تە کە لە دکتو رە کە ت یکە.

Kurdish Language: Sorani, or Swrany, Dialect

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# The Food Pyramid

## ລາຍການອາຫານປີຣາມິດ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

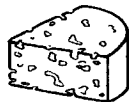
ໜຶ່ງສີເໝະນຳລາຍການອາຫານປີຣາມິດເປັນໜຶ່ງສີເໝະນຳທົ່ວ  
ໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາ  
ຫານທີ່ດີສຸດພາບແລະເໝາະສົມກັບທ່ານ  
ປີຣາມິດຈັດໃຫ້ກິນອາຫານຕ່າງໆ ເພື່ອໃຫ້ທ່ານໄດ້ອາຫານທີ່  
ຕ້ອງການແລະກິນຈຳນວນເຄດໂລຣີທີ່ເໝາະສົມເພື່ອຮັກສານ້ຳ  
ໜັກແລະແຂງແຮງ ເຄດໂລຣີສ່ວນຫລາຍ  
ມາຈາກອາຫານໃນສາມຈຳພວກລຸ່ມຂອງປີຣາມິດ.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍ່ຮຸ່ງຮ່າງກາຍບາງແນວ  
ແຕ່ວ່າບໍ່ແມ່ນທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານ  
ທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້  
ບໍ່ມີອາຫານກຸ່ມໃດຈະສຳຄັນກ່ວາກຸ່ມອື່ນ ເພື່ອໃຫ້ມີ  
ສຸຂະພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.

### Milk, Yogurt, and Cheese 2-3 Servings

ນົມ ນົມສື້ມແລະເນີຍແຂງ  
2-3 ສ່ວນ



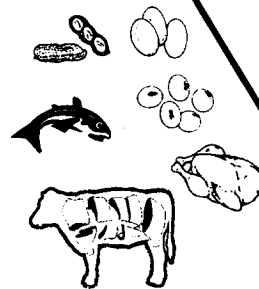
### Fats, Oils, and Sweets Use Sparingly

ໂຂມັນ ປ້າມັນແລະຂອງຫວານ  
ໃຊ້ເທື່ອລະໜ້ອຍ



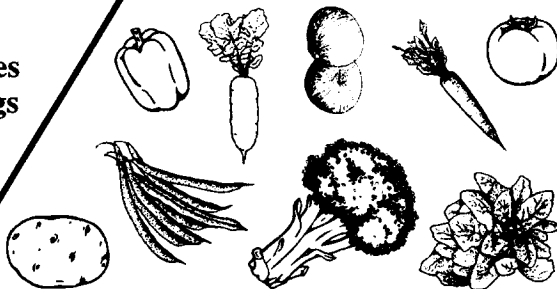
### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts 2 - 3 Servings

ຊີ້ນ ໄກ່ ປາ ໝາກຖົ່ວແຫ້ງ  
ໂຂ່ແລະໝາກຖົ່ວທີ່ມີເບືອກແຂງ  
2-3 ສ່ວນ



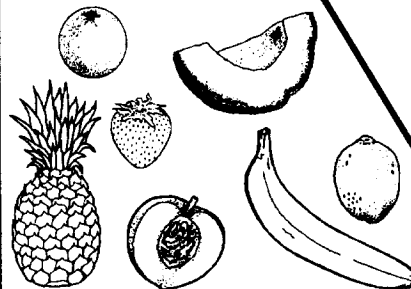
### Vegetables 3 - 5 Servings

ຜັກ  
3-5 ສ່ວນ



### Fruit 2 - 4 Servings

ໝາກໄມ້  
2-4 ສ່ວນ



### Bread, Cereal, Rice, and Pasta 6 - 11 Servings

ເຂົ້າຈີ່ ເຂົ້າບະແລ່ ເຂົ້າແລະເສັ້ນເຂົ້າແປ້ງ  
6-11 ສ່ວນ



Laotian Language Version

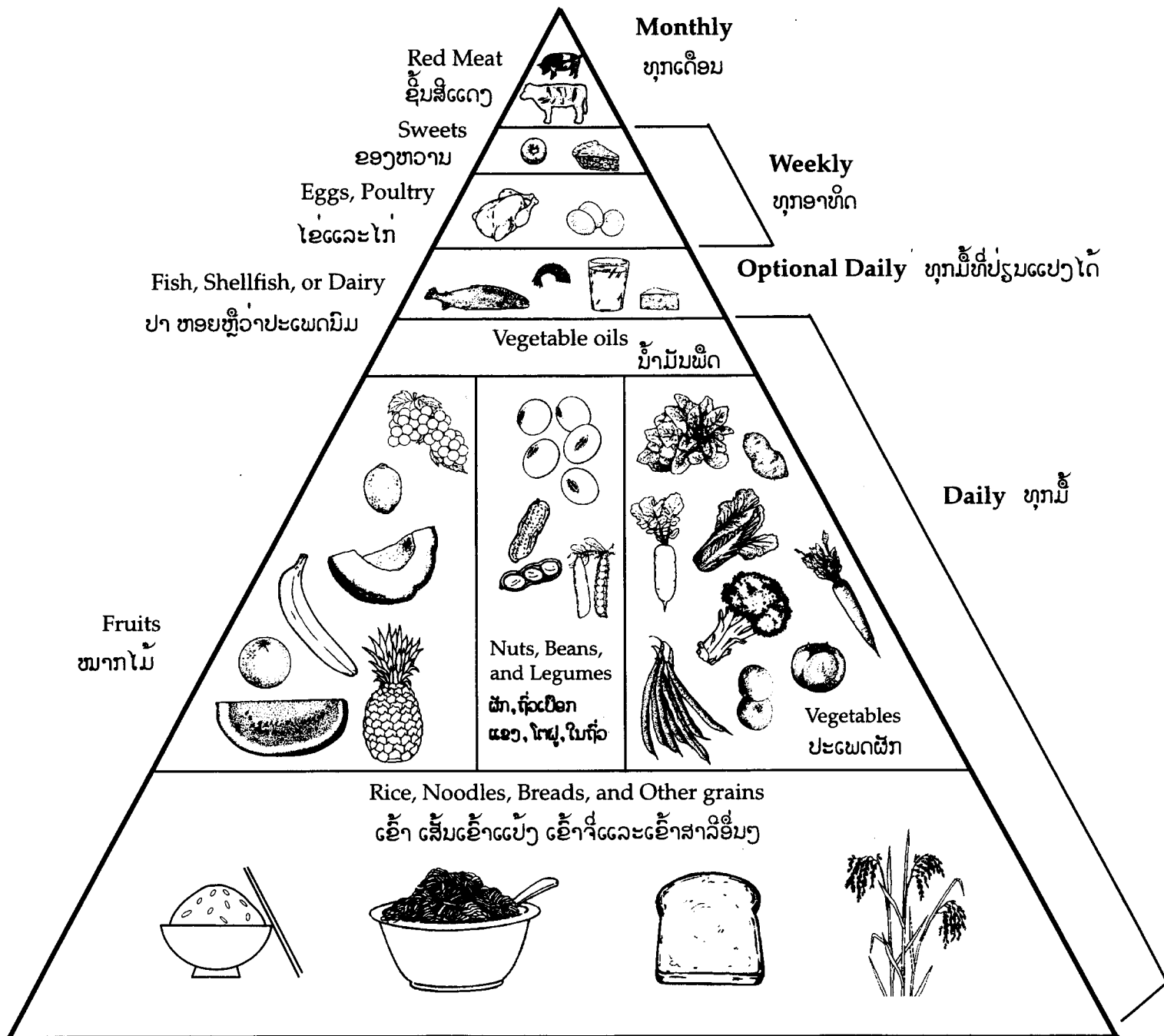
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# Asian Food Pyramid

## ລາຍການອາຫານເອຊຽນປີຣາມິດ

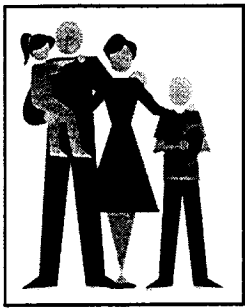
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

ໜັງສືແນະນຳລາຍການອາຫານປີຣາມິດເປັນໜັງສືແນະນຳທົ່ວໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາຫານທີ່ດີທີ່ສຸດພາບແລະເໝາະສົມກັບທ່ານ ອາຫານແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍ່ຮຽກຮ້າງກາຍບາງແນວ ແຕ່ວ່າບໍ່ແມ່ນອາຫານທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້ ບໍ່ມີອາຫານກຸ່ມໃດຈະສຳຄັນກ່ວາກຸ່ມອື່ນ ເພື່ອໃຫ້ມີສຸຂະພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Laotian Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



# Better Health Begins With You!

## ທ່ານສາມາດທີ່ຈະມີສຸຂພາບດີໄດ້ !

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ກິນອາຫານທີ່ມີໂຂມັນໜ້ອຍເຊັ່ນ ເຂົ້າຈີ່ ເຂົ້າບະລ່ ເຂົ້າຫຼົ່ວເສັ້ນເຂົ້າແປ້ງ 6 ຫາ 11 ສ່ວນໜ້ອຍ ທຸກມື້ ເປັນຕົ້ນວ່າ ເລືອກກິນເຂົ້າໂອດຕອນເຊົ້າ ແຊນວິດຕອນທ່ຽງ ແລະເຂົ້າຕອນແລງ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ກິນໝາກໄມ້ຫຼົ່ວປະເພດຜັກ 5 ສ່ວນທຸກມື້ ເປັນຕົ້ນວ່າ ທ່ານອາດຈະດື່ມນ້ຳໝາກກ້ຽງໃນຕອນເຊົ້າ ກິນສະລັດໃນຕອນທ່ຽງ ກິນໝາກຖົ່ວຂຽວແລະມັນຝຣັ່ງຕົ້ມໃນຕອນແລງ ແລະໝາກແລດແຊງ ໃນຕອນແລງ.

3. Drink at least 8 glasses of pure, fresh water every day.

ດື່ມນ້ຳສະອາດຢ່າງຕໍ່າ 8 ຈອກທຸກມື້.

4. Eat lean, low-fat meats, such as chicken or fish.

ກິນຊີ້ນປະເພດທີ່ມີໂຂມັນໜ້ອຍ ເຊັ່ນ ຊີ້ນໄກ່ຫຼົ່ວຊີ້ນປາ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ເລືອກອາຫານປະເພດນົມທີ່ມີໂຂມັນໜ້ອຍຫຼົ່ວບໍ່ມີໂຂມັນເລີຍເຊັ່ນ ນົມສະກົມແລະນົມສີ້ມແຊ່ເຢັນ.

6. Limit your intake of sweets and alcoholic beverages.

ກິນຂອງຫວານແລະດື່ມເຫລົ້າໃຫ້ມີຂອບເຂດຈຳກັດ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ເຂົ້າຮ່ວມໃນລາຍການອອກກຳລັງກາຍບາງແນວທຸກມື້ ໄປຢ່າງຫຼີ້ນ ເຕັ້ນລຳຫຼົ່ວອອກໄປທ່ຽວ.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ໃຊ້ນ້ຳມັນພືດຫຼົ່ວນ້ຳມັນແຄໂນລາມາແຕ່ງອາຫານແທນນ້ຳມັນໝູຫຼົ່ວນ້ຳມັນສັດ ນ້ຳມັນພືດດີສຳລັບ ທ່ານເພາະວ່າມັນບໍ່ມີຄໍເລັດສະເຕີຣ໌.

### Laotian Language Version

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# Better Health for Mother and Baby

## ສຸຂພາບທີ່ແຂງແຮງສໍາລັບຜູ້ເປັນແມ່ແລະແອນ້ອຍ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ຫຼີກເວັ້ນຈາກການດື່ມເຫລົ້າ ແລະເຄື່ອງດື່ມທີ່ມີກາເຟອິນ ເຊັ່ນກາເຟແລະນໍ້າອັດລົມ.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ກິນອາຫານທີ່ມີແຄລຊຽມທຸກມື້ ອັນນີ້ຮວມທັງນົມ ເນີຍແຂງ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະປະເພດ  
ຜັກສີຂຽວແກ່.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

ກິນຊີ້ນ ປາ ໄຂ່ຫຼືວ່າໝາກຖົ່ວແຫ້ງ 2 ຫາ 3 ສ່ວນທຸກມື້ເພື່ອໃຫ້ມີໂປຣຕິນ.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ກິນໝາກໄມ້ແລະຜັກຢ່າງຕໍ່າ 5 ສ່ວນທຸກມື້ເພື່ອເອົາໄວຕາມິນແລະທາດເຫຼັກເຊັ່ນ ຊອຍໝາກກ້ວຍໃສ່  
ຊີຣີໂອ (cereal) ໃນຕອນເຊົ້າ ແລະເລືອກເອົາໝາກເອບເປັນສໍາລັບອາຫານຫວ່າງໃນຕອນແລງ ອີກຢ່າງ  
ກິນຫົວກາຣິດຫຼືວ່າຜັກເຊເລີຣີໃນຍາມເຂົ້າທ່ຽງ ຜັກກະຫລໍ່າປີແລະຜັກສະລັດໃນຍາມເຂົ້າແລງ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ກິນເຂົ້າສາລີທີ່ສໍາຄັນຕໍ່ສຸຂພາບແລະກໍາລັງກາຍ 6 ຫາ 11 ສ່ວນໜ້ອຍ ອັນນີ້ຮວມທັງເຂົ້າຈີ່ປະເລ່ແລະ  
ເຂົ້າສີນໍ້າຕານ.

6. See your doctor early in your pregnancy.

ໄປຫາໝໍດັ່ງແດ່ທ່ານເລີ້ມຖືພາ.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ໃຫ້ແມ່ໃຈວ່າທ່ານໄດ້ຕື່ມນ້ຳໜັກທີ່ຖືກຕ້ອງໃນລະຍະຖືພາ ສໍາລັບຜູ້ຍິງທົ່ວໄປແລ້ວຈະໜັກຕື່ມຂຶ້ນ  
25-35 ປອນ ໃຫ້ຂໍຄໍາແນະນໍາຈາກໝໍຂອງທ່ານເອງ.

### Laotian Language Version

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# Good Food for Kids

## ອາຫານທີ່ໝາະສົມສໍາລັບເດັກນ້ອຍ

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

ແຄລຊັຽມເປັນສິ່ງທີ່ຈໍາເປັນເພື່ອຄວາມຂະຍາຍແລະການເຕີບໂຕຂອງກະດູກ ສິ່ງນີ້ຈະຫາໄດ້ຢູ່ໃນນົມ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງເຊັ່ນ ຜັກກະຫລໍ່າປີ.

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

ທາດເຫລັກຈະຕື່ມພະລັງໃນຮ່າງກາຍຂອງຄົນ ສິ່ງນີ້ຈະຫາໄດ້ໃນຊີ້ນສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

ຫົວກາຣົດ ຜັກຊະປິແມດ ໝາກໄມ້ ແລະຜັກອື່ນໆມີໄວຕາມິນ A ແລະໄວຕາມິນ C ສູງ ໄວຕາມິນ A ເປັນສິ່ງທີ່ສໍາຄັນທີ່ເຮັດໃຫ້ສາຍຕາແລະຜິວໜັງດີ ໄວຕາມິນ C ຮັກສາຊີ້ນແຂ້ວໃຫ້ແຂງແຮງແລະຫລີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

ພະລັງງານເປັນສິ່ງທີ່ສໍາຄັນແລະໄດ້ມາຈາກເຂົ້າຈີ່ ເຂົ້າ ຊີຣີໂອແລະເສັ້ນເຂົ້າແປ້ງ.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

ເລືອກກິນແຕ່ຂອງຫວ່າງທີ່ດີຕໍ່ສຸກກະພາບ ເຊັ່ນໝາກໄມ້ ຜັກ ນົມແລະໝາກຖົ່ວ ພວກນີ້ເປັນອາຫານທີ່ບໍ່ຮຸກຮ່າງກາຍແລະດີຕໍ່ແຂ້ວເດັກນ້ອຍ ດີກ່ອນນໍ້າອັດລົມ ມັນທອດແລະເຂົ້າໜົມຫວານ.

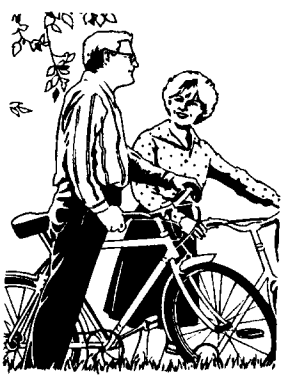
**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

ການອອກກໍາລັງທຸກມື້ເປັນສິ່ງສໍາຄັນສໍາລັບເດັກນ້ອຍ ແລະຈະເຮັດໃຫ້ຮ່າງກາຍຂອງພວກເຂົາເຕີບໃຫຍ່ແບບແຂງແຮງແລະມີສຸຂະພາບທີ່ດີ.

Laotian Language Version

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# Better Nutrition for Mature Adults

## ອາຫານບໍາຮຸງຮ່າງກາຍສໍາລັບຜູ້ໃຫຍ່

### 1. Drink 6 - 8 glasses of water every day.

ດື່ມນໍ້າ 6 ຫາ 8 ຈອກທຸກມື້.

### 2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ກິນອາຫານທີ່ມີແຄລຊຽມຫລາຍເຊັ່ນ ນົມ ເນີຍແຂງ ນົມສື້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວເຖິງບາງຢ່າງ ເຊັ່ນຜັກກະຫລໍ່າປີ ແຄລຊຽມເປັນສິ່ງສໍາຄັນທີ່ເຮັດໃຫ້ກະດູກແຂງແຮງ.

### 3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ໄວຕາມີນ A ແລະ ໄວຕາມີນ C ຈະໄດ້ຈາກການກິນໝາກໄມ້ແລະຜັກເຊັ່ນ ຫົວກາຣົດແລະໝາກກ້ຽງ ໄວຕາມີນ A ມີດີຕໍ່ຕາແລະຜິວຂອງທ່ານ ໄວຕາມີນ C ຈະຮັກສາຊີ້ນເຂັ້ມຂອງທ່ານໃຫ້ແຂງແຮງ ແລະຫຼີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

### 4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ກິນອາຫານທີ່ມີທາດເຫຼັກສູງເພື່ອຊ່ວຍໃຫ້ຮ່າງກາຍແຂງແຮງ ທາດເຫຼັກຈະຫາໄດ້ຫລາຍຢູ່ໃນຊີ້ນ ສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

### 5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ຮ່ວມທັງປະເພດຊີ້ນ ອາຫານທະເລແລະຊີ້ນໄກ່ຢູ່ໃນລາຍການອາຫານຂອງທ່ານເພື່ອປ້ອງກັນຄວາມຂາດເຂີນຈາກແຮ່ທາດຊິງ (zinc) ແຮ່ທາດອັນນີ້ຈະຊ່ວຍໃຫ້ບາດແຜເຊົາໄວຂຶ້ນ.

### 6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ຝຶກການອອກກຳລັງກາຍຕາມປົກກະຕິ ການອອກກຳລັງຢູ່ນອກເຮືອນຈະດີກ່ອນໝູ່ເພາະວ່າຮ່າງກາຍຂອງທ່ານສາມາດສ້າງໄວຕາມີນ D ຈາກຕາເວັນ.



Laotian Language Version

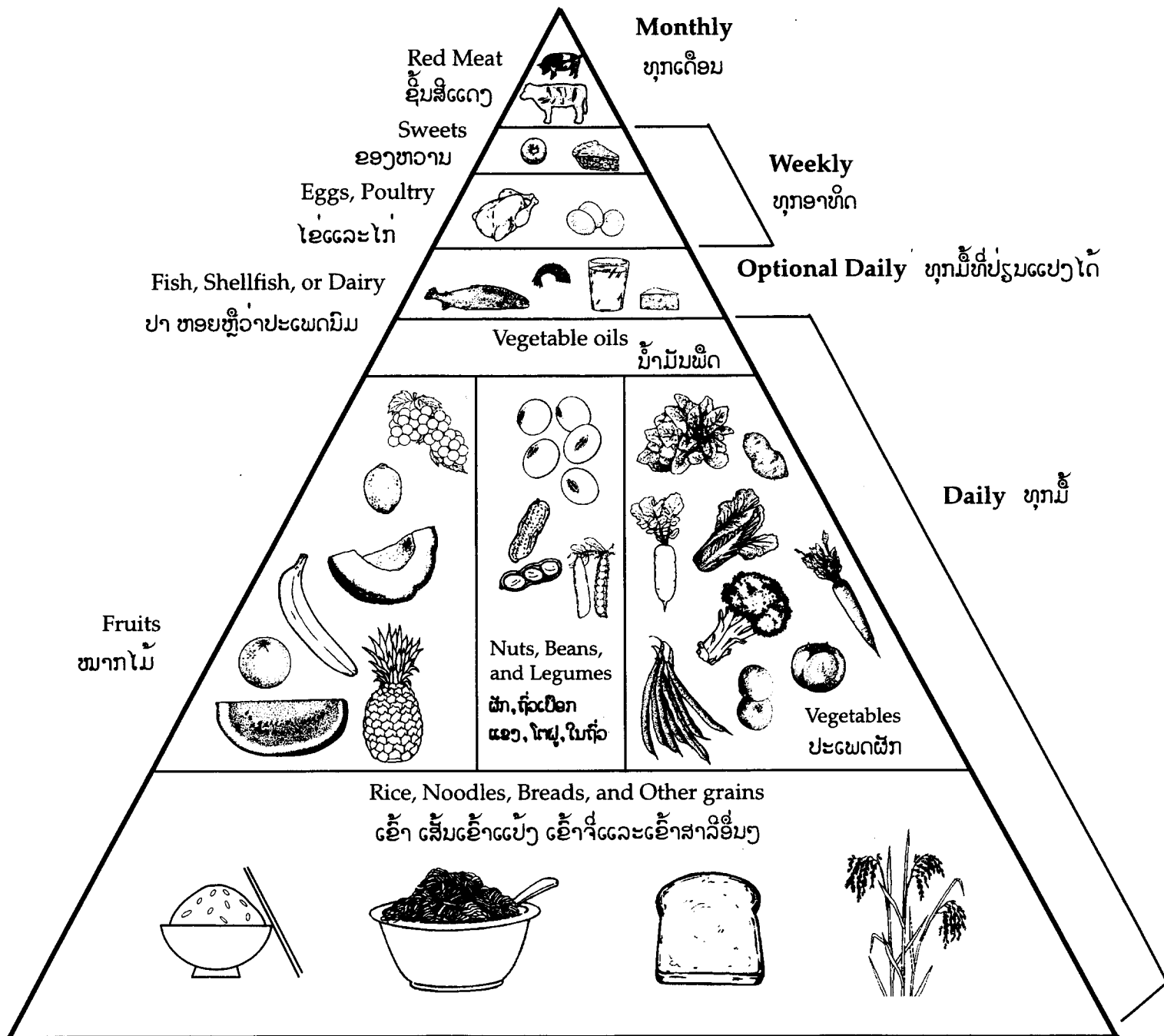
These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.

# Asian Food Pyramid

## ລາຍການອາຫານເອຊຽນປີຣາມິດ

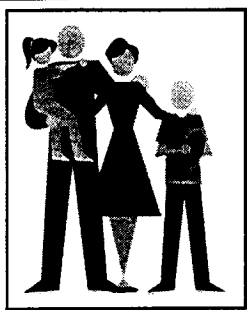
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

ຫນັງສືແນະນຳລາຍການອາຫານປີຣາມິດເປັນຫນັງສືແນະນຳທົ່ວໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາຫານທີ່ດີທີ່ສຸດພາບແລະເໝາະສົມກັບທ່ານ ອາຫານແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍ່ຮຽກຮ້າງກາຍບາງແນວ ແຕ່ວ່າບໍ່ແມ່ນອາຫານທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້ ບໍ່ມີອາຫານກຸ່ມໃດຈະສຳຄັນກ່ວາກຸ່ມອື່ນ ເພື່ອໃຫ້ມີສຸຂະພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Laotian Language Version

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# Better Health Begins With You!

## ທ່ານສາມາດທີ່ຈະມີສຸຂພາບດີໄດ້ !

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ກິນອາຫານທີ່ມີໂຂມັນໜ້ອຍເຊັ່ນ ເຂົ້າຈີ່ ເຂົ້າບະລ່ ເຂົ້າຫຼົ່ວເສັ້ນເຂົ້າແປ້ງ 6 ຫາ 11 ສ່ວນໜ້ອຍ ທຸກມື້ ເປັນຕົ້ນວ່າ ເລືອກກິນເຂົ້າໂອດຕອນເຊົ້າ ແຊນວິດຕອນທ່ຽງ ແລະເຂົ້າຕອນແລງ.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ກິນໝາກໄມ້ຫຼົ່ວປະເພດຜັກ 5 ສ່ວນທຸກມື້ ເປັນຕົ້ນວ່າ ທ່ານອາດຈະດື່ມນ້ຳໝາກກ້ຽງໃນຕອນເຊົ້າ ກິນສະລັດໃນຕອນທ່ຽງ ກິນໝາກຖົ່ວຂຽວແລະມັນຝຣັ່ງຕົ້ມໃນຕອນແລງ ແລະໝາກແລດແຊງ ໃນຕອນແລງ.

3. Drink at least 8 glasses of pure, fresh water every day.

ດື່ມນ້ຳສະອາດຢ່າງຕໍ່າ 8 ຈອກທຸກມື້.

4. Eat lean, low-fat meats, such as chicken or fish.

ກິນຊີ້ນປະເພດທີ່ມີໂຂມັນໜ້ອຍ ເຊັ່ນ ຊີ້ນໄກ່ຫຼົ່ວຊີ້ນປາ.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ເລືອກອາຫານປະເພດນົມທີ່ມີໂຂມັນໜ້ອຍຫຼົ່ວບໍ່ມີໂຂມັນເລີຍເຊັ່ນ ນົມສະກົມແລະນົມສີ້ມແຊ່ເຢັນ.

6. Limit your intake of sweets and alcoholic beverages.

ກິນຂອງຫວານແລະດື່ມເຫລົ້າໃຫ້ມີຂອບເຂດຈຳກັດ.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ເຂົ້າຮ່ວມໃນລາຍການອອກກຳລັງກາຍບາງແນວທຸກມື້ ໄປຢ່າງຫຼີ້ນ ເຕັ້ນລຳຫຼົ່ວອອກໄປທ່ຽວ.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ໃຊ້ນ້ຳມັນພືດຫຼົ່ວນ້ຳມັນແຄໂນລາມາແຕ່ງອາຫານແທນນ້ຳມັນໝູຫຼົ່ວນ້ຳມັນສັດ ນ້ຳມັນພືດດີສຳລັບ ທ່ານເພາະວ່າມັນບໍ່ມີຄໍເລັດສະເຕີຣ໌.

### Laotian Language Version

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# The Food Pyramid

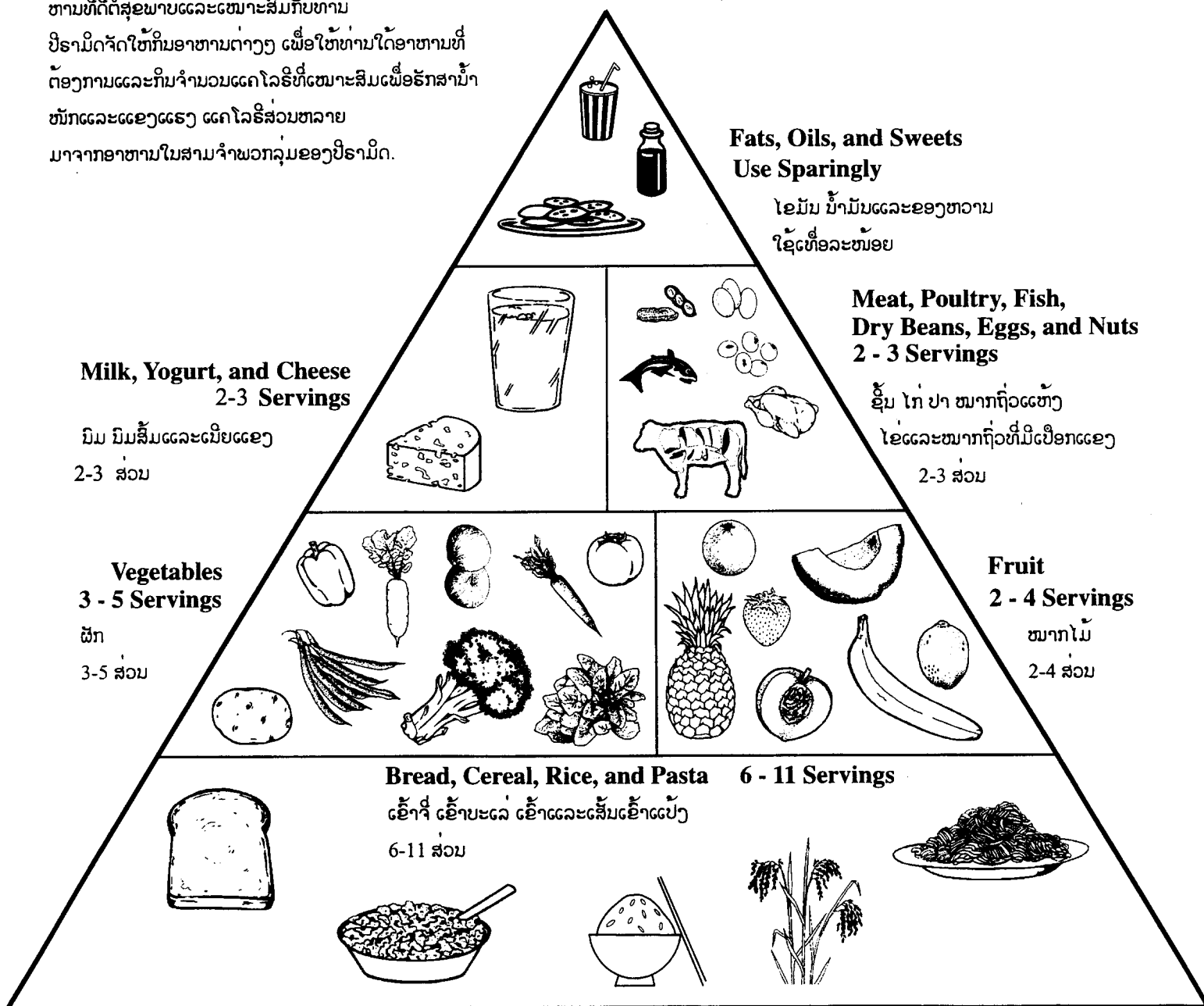
## ລາຍການອາຫານປີຣາມິດ

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

ໜຶ່ງສີເນະນໍາລາຍການອາຫານປີຣາມິດເປັນໜຶ່ງສີເນະນໍາທົ່ວ  
ໄປເພື່ອໃຫ້ທ່ານເລືອກເອົາລາຍການອາ  
ຫານທີ່ດີສຸດພາບແລະເໝາະສົມກັບທ່ານ  
ປີຣາມິດຈັດໃຫ້ກິນອາຫານຕ່າງໆ ເພື່ອໃຫ້ທ່ານໄດ້ອາຫານທີ່  
ຕ້ອງການແລະກິນຈຳນວນເຄດໂລຣີທີ່ເໝາະສົມເພື່ອຮັກສານໍ້າ  
ໜັກແລະແຂງແຮງ ເຄດໂລຣີສ່ວນຫລາຍ  
ມາຈາກອາຫານໃນສາມຈຳພວກລຸ່ມຂອງປີຣາມິດ.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

ແຕ່ລະກຸ່ມນີ້ໄດ້ແກ່ອາຫານທີ່ບໍ່ຮຸ່ງຮ່າງກາຍບາງແນວ  
ແຕ່ວ່າບໍ່ແມ່ນທີ່ທ່ານຕ້ອງການທັງໝົດ ອາຫານ  
ທີ່ຢູ່ໃນກຸ່ມນຶ່ງຈະແທນອາຫານທີ່ຢູ່ໃນກຸ່ມອື່ນບໍ່ໄດ້  
ບໍ່ມີອາຫານກຸ່ມໃດຈະສຳຄັນກ່ວາກຸ່ມອື່ນ ເພື່ອໃຫ້ມີ  
ສຸຂະພາບທີ່ດີທ່ານຕ້ອງການອາຫານທຸກແນວ.



Laotian Language Version

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# Good Food for Kids

## ອາຫານທີ່ໝາະສົມສໍາລັບເດັກນ້ອຍ

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

ແຄລຊັຽມເປັນສິ່ງທີ່ຈໍາເປັນເພື່ອຄວາມຂະຍາຍແລະການເຕີບໂຕຂອງກະດູກ ສິ່ງນີ້ຈະຫາໄດ້ຢູ່ໃນນົມ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວແກ່ບາງຢ່າງເຊັ່ນ ຜັກກະຫລໍ່າປີ.

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

ທາດເຫລັກຈະຕື່ມພະລັງໃນຮ່າງກາຍຂອງຄົນ ສິ່ງນີ້ຈະຫາໄດ້ໃນຊີ້ນສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

ຫົວກາຣົດ ຜັກຊະປິແມດ ໝາກໄມ້ ແລະຜັກອື່ນໆມີໄວຕາມິນ A ແລະໄວຕາມິນ C ສູງ ໄວຕາມິນ A ເປັນສິ່ງທີ່ສໍາຄັນທີ່ເຮັດໃຫ້ສາຍຕາແລະຜິວໜັງດີ ໄວຕາມິນ C ຮັກສາຊີ້ນແຂ້ວໃຫ້ແຂງແຮງແລະຫລີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

ພະລັງງານເປັນສິ່ງທີ່ສໍາຄັນແລະໄດ້ມາຈາກເຂົ້າຈີ່ ເຂົ້າ ຊີຣີໂອແລະເສັ້ນເຂົ້າແປ້ງ.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

ເລືອກກິນແຕ່ຂອງຫວ່າງທີ່ດີຕໍ່ສຸກກະພາບ ເຊັ່ນໝາກໄມ້ ຜັກ ນົມແລະໝາກຖົ່ວ ພວກນີ້ເປັນອາຫານທີ່ບໍ່ຮຸກຮ້າງກາຍແລະດີຕໍ່ແຂ້ວເດັກນ້ອຍ ດີກ່ອນນໍ້າອັດລົມ ມັນທອດແລະເຂົ້າໜົມຫວານ.

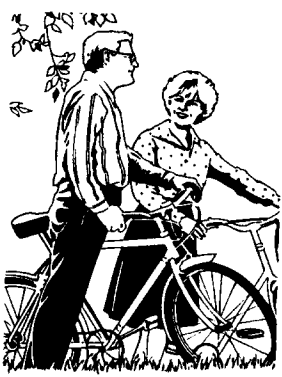
**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

ການອອກກໍາລັງທຸກມື້ເປັນສິ່ງສໍາຄັນສໍາລັບເດັກນ້ອຍ ແລະຈະເຮັດໃຫ້ຮ່າງກາຍຂອງພວກເຂົາເຕີບໃຫຍ່ແບບແຂງແຮງແລະມີສຸຂະພາບທີ່ດີ.

Laotian Language Version

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# Better Nutrition for Mature Adults

## ອາຫານບໍາຮຸງຮ່າງກາຍສໍາລັບຜູ້ໃຫຍ່

1. Drink 6 - 8 glasses of water every day.

ດື່ມນໍ້າ 6 ຫາ 8 ຈອກທຸກມື້.

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ກິນອາຫານທີ່ມີແຄລຊຽມຫລາຍເຊັ່ນ ນົມ ເນີຍແຂງ ນົມສື້ມ ປາທີ່ມີກ້າງແລະຜັກສີຂຽວເຖິງບາງຢ່າງ ເຊັ່ນຜັກກະຫລໍ່າປີ ແຄລຊຽມເປັນສິ່ງສໍາຄັນທີ່ເຮັດໃຫ້ກະດູກແຂງແຮງ.

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

ໄວຕາມີນ A ແລະ ໄວຕາມີນ C ຈະໄດ້ຈາກການກິນໝາກໄມ້ແລະຜັກເຊັ່ນ ຫົວກາຣົດແລະໝາກກ້ຽງ ໄວຕາມີນ A ມີດີຕໍ່ຕາແລະຜິວຂອງທ່ານ ໄວຕາມີນ C ຈະຮັກສາຊີ້ນເຂັ້ມຂອງທ່ານໃຫ້ແຂງແຮງ ແລະຫຼີກລ້ຽງຈາກພະຍາດຕິດຕໍ່.

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ກິນອາຫານທີ່ມີທາດເຫຼັກສູງເພື່ອຊ່ວຍໃຫ້ຮ່າງກາຍແຂງແຮງ ທາດເຫຼັກຈະຫາໄດ້ຫລາຍຢູ່ໃນຊີ້ນ ສີແດງ ຊີ້ນໄກ່ ຊີ້ນປາແລະໝາກຖົ່ວແຫ້ງ.

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

ຮ່ວມທັງປະເພດຊີ້ນ ອາຫານທະເລແລະຊີ້ນໄກ່ຢູ່ໃນລາຍການອາຫານຂອງທ່ານເພື່ອປ້ອງກັນຄວາມຂາດເຂີນຈາກແຮ່ທາດຊິງ (zinc) ແຮ່ທາດອັນນີ້ຈະຊ່ວຍໃຫ້ບາດແຜເຊົາໄວຂຶ້ນ.

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

ຝຶກການອອກກຳລັງກາຍຕາມປົກກະຕິ ການອອກກຳລັງຢູ່ນອກເຮືອນຈະດີກ່ອນໝູ່ເພາະວ່າຮ່າງກາຍຂອງທ່ານສາມາດສ້າງໄວຕາມີນ D ຈາກຕາເວັນ.

Laotian Language Version

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# Better Health for Mother and Baby

## ສຸຂພາບທີ່ແຂງແຮງສໍາລັບຜູ້ເປັນແມ່ແລະແອນ້ອຍ

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

ຫຼີກເວັ້ນຈາກການດື່ມເຫລົ້າ ແລະເຄື່ອງດື່ມທີ່ມີກາເຟອິນ ເຊັ່ນກາເຟແລະນໍ້າອັດລົມ.

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

ກິນອາຫານທີ່ມີແຄລຊຽມທຸກມື້ ອັນນີ້ຮວມທັງນົມ ເນີຍແຂງ ນົມສົ້ມ ປາທີ່ມີກ້າງແລະປະເພດ  
ຜັກສີຂຽວແກ່.

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

ກິນຊີ້ນ ປາ ໄຂ່ຫຼືວ່າໝາກຖົ່ວແຫ້ງ 2 ຫາ 3 ສ່ວນທຸກມື້ເພື່ອໃຫ້ມີໂປຣຕິນ.

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

ກິນໝາກໄມ້ແລະຜັກຢ່າງຕໍ່າ 5 ສ່ວນທຸກມື້ເພື່ອເອົາໄວຕາມິນແລະທາດເຫຼັກເຊັ່ນ ຊອຍໝາກກ້ວຍໃສ່  
ຊີຣີໂອ (cereal) ໃນຕອນເຊົ້າ ແລະເລືອກເອົາໝາກເອບເປັນສໍາລັບອາຫານຫວ່າງໃນຕອນແລງ ອີກຢ່າງ  
ກິນຫົວກາຣົດຫຼືວ່າຜັກເຊເລີຣີໃນຍາມເຂົ້າທ່ຽງ ຜັກກະຫລໍ່າປີແລະຜັກສະລັດໃນຍາມເຂົ້າແລງ.

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

ກິນເຂົ້າສາລີທີ່ສໍາຄັນຕໍ່ສຸຂພາບແລະກໍາລັງກາຍ 6 ຫາ 11 ສ່ວນໜ້ອຍ ອັນນີ້ຮວມທັງເຂົ້າຈີ່ປະເລ່ແລະ  
ເຂົ້າສີນໍ້າຕານ.

6. See your doctor early in your pregnancy.

ໄປຫາໝໍດັ່ງແດ່ທ່ານເລີ້ມຖືພາ.

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

ໃຫ້ແມ່ໃຈວ່າທ່ານໄດ້ຕື່ມນ້ຳໜັກທີ່ຖືກຕ້ອງໃນລະຍະຖືພາ ສໍາລັບຜູ້ຍິງທົ່ວໄປແລ້ວຈະໜັກຕື່ມຂຶ້ນ  
25-35 ປອນ ໃຫ້ຂໍຄໍາແນະນໍາຈາກໝໍຂອງທ່ານເອງ.

### Laotian Language Version

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# The Food Pyramid

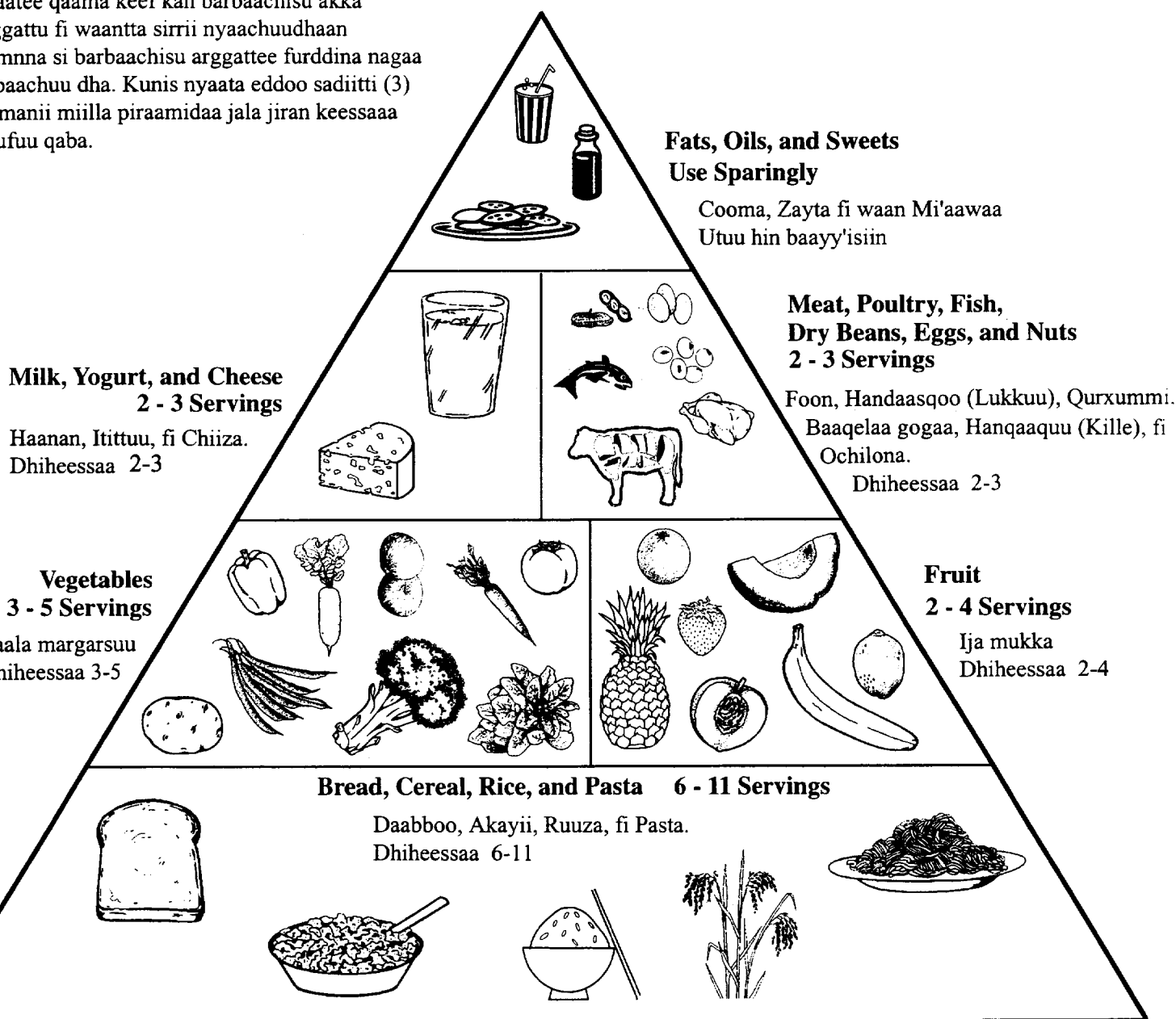
## Piraamidaa Nyaata

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Agarsiifani nyatta piraamidaa nyaata akkamii fayaina keetiif akka filachuun siif ta'u kan himu dha. Piraamida jachuun nyaata addaa addaa nyaatee qaama keef kan barbaachisu akka arggattu fi waantta sirrii nyaachuudhaan humnna si barbaachisu arggatee furddina nagaa qabaachuu dha. Kunis nyaata eddoo sadiitti (3) hirmanii miilla piraamidaa jala jiran keessaaa dhufuu qaba.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

Tokkoon tokkoon nyaatoliin kun amma ta'e nama gargaaru malee cufa (hudda) miti. Nyaanni inni isa tokko kessaa isa kaan eddoo bu'uu hihndanda'u. Nyaanni tokko iisa kaan irra caaluu hin danda'u. Fayina gaarii qabaachuuf hundumtti isaanii si barbaachisu. Isaanis:



Oromo Language Version

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# Better Health Begins With You!

## Fayinni gaarin si irra jalqaba

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Guyyuma Guyya ti Daabboo waan dha'dha hedddu hin qabne; Akayi, Ruzza yokkin Pasta dhiheessaa 6-11 nyaadhu. Fakkeenyaaf, ganama matajaboo, guyya sandwich galgala immoo Ruzza duwwa nyaadhu.

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Ija Mukkatifi Balla Margarsuu (Vegetable) dhiheessaa 5 nyaadhu. Fakkenyaafi, cuuffa Burtukaana dhugi. Balla Margarsuu (Salaaxa) nyaachu, galgalla immoo dineecha affelama fi Ija Wayinii nyaadhu.

3. Drink at least 8 glasses of pure, fresh water every day.

Guyya ti yoo xinnaate Bishaan Burcuqqo (Dubbuulee) 8 dhuuggi.

4. Eat lean, low-fat meats, such as chicken or fish.

Foon diimaa kaan bayy'ee cooma hin qabne issa akka Handaaqoo yookin Quxummi nyaadhu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Waan s'aa kaan dha'dha yarrtu kaabu kaan akka Aanan raafamaa fi Itittu filadhu.

6. Limit your intake of sweets and alcoholic beverages.

Nyaata waan mi'aawaa fi dhugaatttii kan nama macheessu hin baayy'isiin.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Guuyya hunda choch'a godhi. Dirree kessa deemee, yookin Sirbba bu'i, tabadhu.

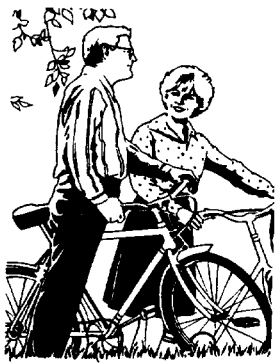
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Gaate kolestrol (cholesterol) hin qabne fi, Zayta waan Sa'a fi kan cooma horri erra hojjetmu manna zayta Baala Margarsuu (Vegetable) fillidhu.

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# Better Nutrition for Mature Adults

## Nyaata Gaarii Gurguddootaaf

### 1. Drink 6 - 8 glasses of water every day.

Guyyatti Burcuqoo (dubbuulee) 6 amma 8 ti kan ta'u bishaan dhugi.

### 2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Kaalshemiin (calcium) kan itti bayy'ate nyaadhu, innis Aannan, Chiiza, Itituu Qurxummi, kan lafee qabu fi Baala margarssu qabu, kan akka Brokoolii dha. Kalshemiin jabina lafeef fi barbaachisaa dha.

### 3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Ija mukka, waan akka Kaarotta fi Birtukaana nyaachuu dhaan Vitaamina A fi C baayyee arggachuu yaali. Vitaamiinni A ija kee ti fi gogaa kee tiif gaarii dha. Vitaamiinni C foon ilkaan kee akka fayyaa qabaatu fi dhukkuba adda adda irra eega.

### 4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Nyaata Ayireni (iron) guddaa of keessaa qabu nyaadhu, innis qaamnni akka humnna ti dhimma ba'u gargaara. Ayireni foon Diimaa, Handaanqoo, Qyrxummii fi Baaqelaa Gogaa keessa ti guddaa arggama.

### 5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Zinkii (Zinc) dhabumssa irra ooluuf nyaata kee kessa ti foon, nyaata bishaan keessaa ti argaman kan akka Quxummii fi Handaaqoo Yeroo Hundda qabaadhu. Zinkii madaan akka dafee dhinuuf gargaara.

### 6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Yeroo hundda choch'a godhi. Kesumatti immoo diida keessa deemuuf fi figuun gaarii dha. Innis qaamnnikee karaa aduu Vitaamina D akka arggatu gargaara.

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# **Better Health for Mother and Baby**

## **Fayyiina Gaarii Haadhaa fi Mucaa**

1. **Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Dugaatii jabaa Buna fi waan akka kookaa ta'e irraa of qusadhu.

2. **Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Guyyaa hundda nyaata Kaalshi'ena (Calcium) qabu nyaadhu.

3. **Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Yeroo hundda foon, Qurxummii, Hanqaaquu yoo kaan immoo Baaqelaa gogaa Dhiheessaa 2-3 ti kan ga'u protinaaf.nyaadhu.

4. **Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Vitaaminaa fi Mineraala arggachuuf akka si gargaaruuf guyyaa hundda Ija mukaa fi Bala magrgarsuu (Vegetables) kan qabu dhiheessaa 5 nyaadhu. Faakeegha fi: Gaannamaa Cerealli waaghin Muuzzi nyaadhu: saa boddee apple, guyyaa Carrot fi Celery, gaalegalla mo broccoli fi salad nyaadhu.

5. **Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Fayyinaaf barbaachissaa, humnaafis kan ta'e Daabboo Qamadii fi Ruuza Diimaa dhiheessaa amma 6-11 kan ta'u xiqqoo xiqqoo tiin nyaadhu.

6. **See your doctor early in your pregnancy.**

Jalqqaba ulfa kee ti doktora kee qunnami.

7. **Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Yeroo ulfoofttee jirttu ulfinni qaama kee akka sritti jiru of eegadhu. Dubartoonni tokko tokko amma powunddi 25-35 ti dabalu. Gargaarssaaf doktora kee gaaffu.

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# Good Food for Kids

## Nyaata Gaarii Ijoolee dhaaf Ta'u

- 1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

Kaaksheemiin jabinna fi guddina lafeef gargaara. Innis Annan, Itittuu, Qurxummii lafee qabu fi waan akka margarsuu qabuu (Brokoolii) dha.

- 2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Ayireeniin qaamnni akka humnna hijetu gargaara. Innis Foon Diimaa, Handaanqoo, Qurxummii fi Baaqeelaa gogaa keessa ti argama.

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Kaarotii, Raafuu fi Ija Mukaa fi Maargarsuun Vitaamina A, fi C gudda of keessa qabu. Vitaaminni A, argatuu dha fi gogaaqaamaa ijoolleef guddaa barbaachisaa dha. Vitamini C fayina foon ilkaanii fi dhukaba adda adda irraa eeguuf gargaara.

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

Humnna baayy'ee barbaachisaa dha, Innis Daabbpp, Ruuza, Akayyi fi Pasta kessaa dhufa.

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Geediisoo (snack) gaarii ijoolleedhaa filiif (dhiheesiif), Innis Ija Mukkaa, margarsuu baala, waan loonii fi Ocholona. Isaanis nyaata gaarii fi ilkaan ijoolleefis fayyihna kennu. Kunis waana mi'ayaa fi akayyi, dinichaa (chips) irra wayya.

- 6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Chocho'uniss guyyuma guyyaa ti ijoolleef baay'ee barbaachisaa dha. Kanaaf qaama jabaataa ta'e fi fayyaa qaboota in ta'u.

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# Better Health Begins With You!

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Ija Mukkatifi Balla Margarsuu (Vegetable) dhiheessaa 5 nyaadhu. Fakkenyaafi, cuuffa Burtukaana dhugi. Balla Margarsuu (Salaaxa) nyaachu, galgalla immoo dineecha affelama fi Ija Wayinii nyaadhu.

3. Drink at least 8 glasses of pure, fresh water every day.

Guyya ti yoo xinnaate Bishaan Burcuqqo (Dubbuulee) 8 dhuuggi.

4. Eat lean, low-fat meats, such as chicken or fish.

Foon diimaa kaan bayy'ee cooma hin qabne issa akka Handaaqoo yookin Quxummi nyaadhu.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Waan s'aa kaan dha'dha yarrtu kaabu kaan akka Aanan raafamaa fi Itittu filadhu.

6. Limit your intake of sweets and alcoholic beverages.

Nyaata waan mi'aawaa fi dhugaatttii kan nama macheessu hin baayy'isiin.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Guuyya hunda choch'a godhi. Dirree kessa deemee, yookin Sirbba bu'i, tabadhu.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Gaate kolestrol (cholesterol) hin qabne fi, Zayta waan Sa'a fi kan cooma horri erra hojjetmu manna zayta Baala Margarsuu (Vegetable) fillidhu.

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# The Food Pyramid

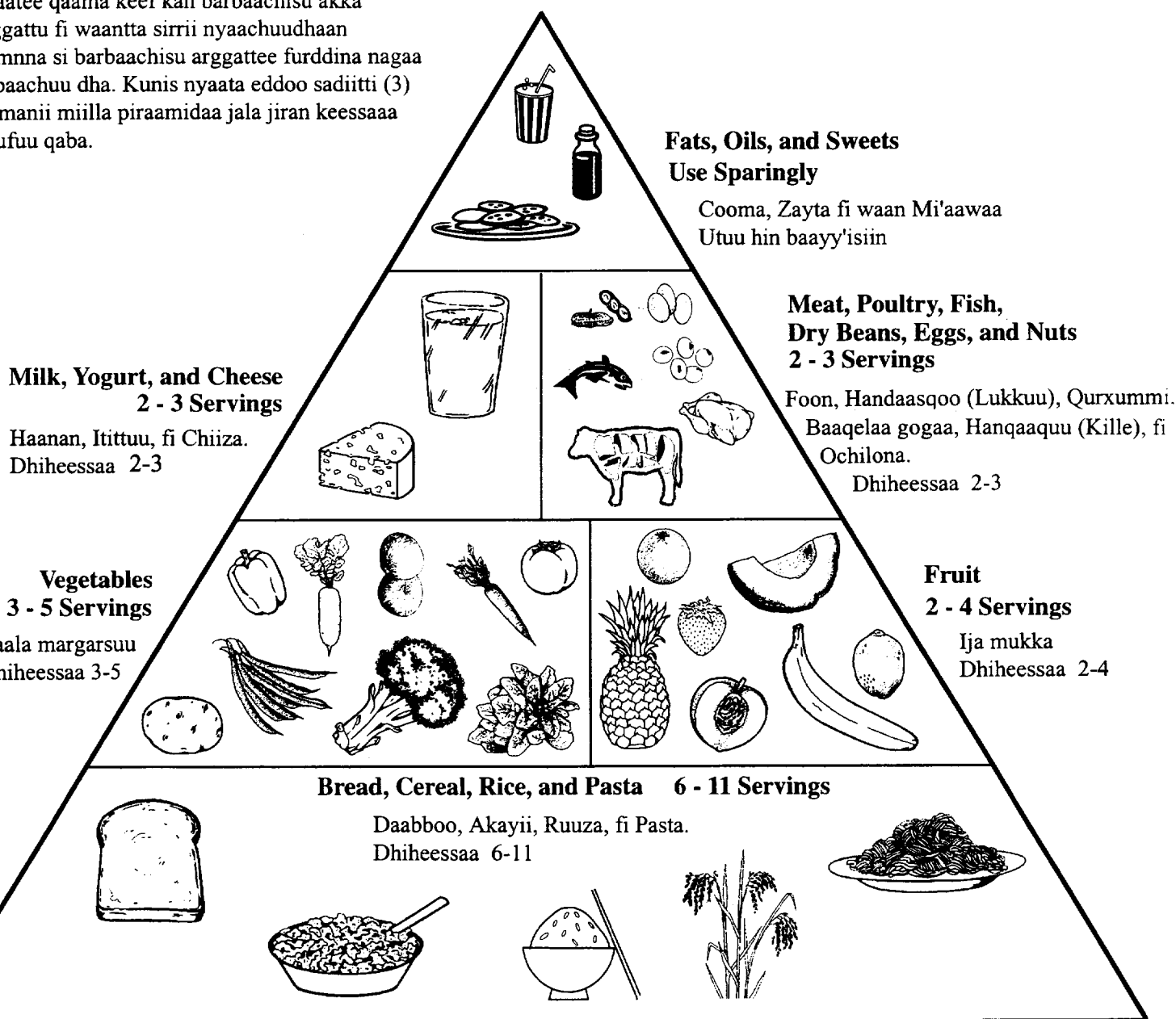
## Piraamidaa Nyaata

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

Agarsiifani nyatta piraamidaa nyaata akkamii fayaina keetiif akka filachuun siif ta'u kan himu dha. Piraamida jachuun nyaata addaa addaa nyaatee qaama keef kan barbaachisu akka arggattu fi waantta sirrii nyaachuudhaan humnna si barbaachisu arggatee furddina nagaa qabaachuu dha. Kunis nyaata eddoo sadiitti (3) hirmanii miilla piraamidaa jala jiran keessaaa dhufuu qaba.

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

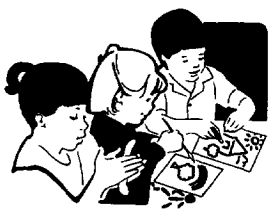
Tokkoon tokkoon nyaatoliin kun amma ta'e nama gargaaru malee cufa (hudda) miti. Nyaanni inni isa tokko kessaa isa kaan eddoo bu'uu hihndanda'u. Nyaanni tokko iisa kaan irra caaluu hin danda'u. Fayina gaarii qabaachuuf hundumtti isaanii si barbaachisu. Isaanis:



Oromo Language Version

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# Good Food for Kids

## Nyaata Gaarii Ijoolee dhaaf Ta'u

- 1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

Kaaksheemiin jabinna fi guddina lafeef gargaara. Innis Annan, Itittuu, Qurxummii lafee qabu fi waan akka margarsuu qabuu (Brokoolii) dha.

- 2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Ayireeniin qaamnni akka humnna hijetu gargaara. Innis Foon Diimaa, Handaanqoo, Qurxummii fi Baaqeelaa gogaa keessa ti argama.

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Kaarotii, Raafuu fi Ija Mukaa fi Maargarsuun Vitaamina A, fi C gudda of keessa qabu. Vitaaminni A, argatuu dha fi gogaaqaamaa ijoolleef guddaa barbaachisaa dha. Vitamini C fayina foon ilkaanii fi dhukaba adda adda irraa eeguuf gargaara.

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

Humnna baayy'ee barbaachisaa dha, Innis Daabbpp, Ruuza, Akayyi fi Pasta kessaa dhufa.

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Geediisoo (snack) gaarii ijoolleedhaa filiif (dhiheesiif), Innis Ija Mukkaa, margarsuu baala, waan loonii fi Ocholona. Isaanis nyaata gaarii fi ilkaan ijoolleefis fayyihna kennu. Kunis waana mi'ayaa fi akayyi, dinichaa (chips) irra wayya.

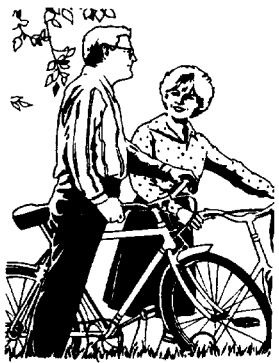
- 6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Chocho'uniss guyyuma guyyaa ti ijoolleef baay'ee barbaachisaa dha. Kanaaf qaama jabaataa ta'e fi fayyaa qaboota in ta'u.

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# Better Nutrition for Mature Adults

## Nyaata Gaarii Gurguddootaaf

### 1. Drink 6 - 8 glasses of water every day.

Guyyatti Burcuqoo (dubbuulee) 6 amma 8 ti kan ta'u bishaan dhugi.

### 2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

Kaalshemiin (calcium) kan itti bayy'ate nyaadhu, innis Aannan, Chiiza, Itituu Qurxummi, kan lafee qabu fi Baala margarssu qabu, kan akka Brokoolii dha. Kalshemiin jabina lafeef fi barbaachisaa dha.

### 3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

Ija mukka, waan akka Kaarotta fi Birtukaana nyaachuu dhaan Vitaamina A fi C baayyee arggachuu yaali. Vitaamiinni A ija kee ti fi gogaa kee tiif gaarii dha. Vitaamiinni C foon ilkaan kee akka fayyaa qabaatu fi dhukkuba adda adda irra eega.

### 4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

Nyaata Ayireni (iron) guddaa of keessaa qabu nyaadhu, innis qaamnni akka humnna ti dhimma ba'u gargaara. Ayireni foon Diimaa, Handaanqoo, Qyrxummii fi Baaqelaa Gogaa keessa ti guddaa arggama.

### 5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

Zinkii (Zinc) dhabumssa irra ooluuf nyaata kee kessa ti foon, nyaata bishaan keessaa ti argaman kan akka Quxummii fi Handaaqoo Yeroo Hundda qabaadhu. Zinkii madaan akka dafee dhinuuf gargaara.

### 6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

Yeroo hundda choch'a godhi. Kesumatti immoo diida keessa deemuuf fi figuun gaarii dha. Innis qaamnnikee karaa aduu Vitaamina D akka arggatu gargaara.

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# **Better Health for Mother and Baby**

## **Fayyiina Gaarii Haadhaa fi Mucaa**

- 1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.**

Dugaatii jabaa Buna fi waan akka kookaa ta'e irraa of qusadhu.

- 2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.**

Guyyaa hundda nyaata Kaalshi'ena (Calcium) qabu nyaadhu.

- 3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.**

Yeroo hundda foon, Qurxummii, Hanqaaquu yoo kaan immoo Baaqelaa gogaa Dhiheessaa 2-3 ti kan ga'u protinaaf.nyaadhu.

- 4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.**

Vitaaminaa fi Mineraala arggachuuf akka si gargaaruuf guyyaa hundda Ija mukaa fi Bala magrgarsuu (Vegetables) kan qabu dhiheessaa 5 nyaadhu. Faakeegha fi: Gaannamaa Cerealli waaghin Muuzzi nyaadhu: saa boddee apple, guyyaa Carrot fi Celery, gaalegalla mo broccoli fi salad nyaadhu.

- 5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.**

Fayyinaaf barbaachissaa, humnaafis kan ta'e Daabboo Qamadii fi Ruuza Diimaa dhiheessaa amma 6-11 kan ta'u xiqqoo xiqqoo tiin nyaadhu.

- 6. See your doctor early in your pregnancy.**

Jalqqaba ulfa kee ti doktora kee qunnami.

- 7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.**

Yeroo ulfoofttee jirttu ulfinni qaama kee akka sritti jiru of eegadhu. Dubartoonni tokko tokko amma powunddi 25-35 ti dabalu. Gargaarssaaf doktora kee gaaffu.

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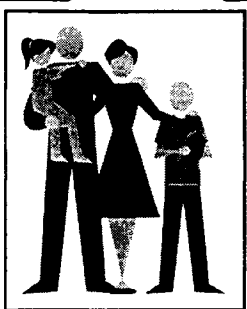
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# Better Health Begins With You!

## Lepszy stan zdrowia zależy od nas!

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Należy spożywać 6 do 11 małych porcji chleba z niską zawartością tłuszczu, kasz, ryżu lub makaronu dziennie. Na przykład, wybierzmy płatki owsiane na śniadanie, kanapkę na lunch, a zwykły ryż na obiad.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Należy spożywać 5 porcji owoców i warzyw codziennie. Na przykład, można napić się soku pomarańczowego na śniadanie, zjeść sałatę na lunch, spożyć fasolę zieloną i gotowane ziemniaki przy obiedzie oraz winogrona na obiad.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Należy pić co najmniej 8 szklanek czystej, świeżej wody codziennie.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Należy jeść chude mięsa z niską zawartością tłuszczu, np. kurę lub rybę.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Wybierzmy produkty mleczne z niską zawartością tłuszczu lub bez tłuszczu, np. odtłuszczone mleko i mrożony jogurt.

- 6. Limit your intake of sweets and alcoholic beverages.**

Należy ograniczyć spożycie słodczy i napojów alkoholowych.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Należy codziennie uprawiać aktywność fizyczną w jakiejś postaci, np. spacer, taniec lub grę sportową.

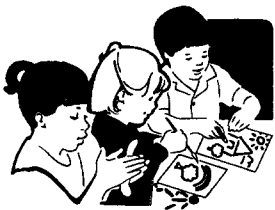
- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Należy stosować olej roślinny lub olej z kanoli do gotowania zamiast smalcu czy tłuszczu zwierzęcego. Oleje roślinne są zdrowsze, ponieważ nie zawierają cholesterolu.

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# Good Food for Kids

## Właściwe żywienie dla dzieci

- 1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

Wapń jest niezbędny w budowaniu i rozwoju kości. Znajduje się on w mleku, jogurcie, rybie zawierającej ości oraz niektórych warzywach ciemnozielonych, takich jak brokuły.

- 2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Żelazo ułatwia organizmowi produkcję energii. Znajduje się ono w czerwonym mięsie, drobiu, rybie i suszonym grochu.

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Marchew, szpinak oraz inne owoce i warzywa są bogate w witaminy A i C. Witamina A jest istotna dla dobrego wzroku i zdrowej skóry. Witamina C utrzymuje zdrowy stan dziąseł i chroni przed infekcją.

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

Energia jest ważnym elementem zdrowia i pochodzi z takich źródeł jak m.in. chleba, ryża, kasz i makaronu.

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Wybermy zdrowe przekąski, np. owoce, warzywa, produkty mleczne i orzechy. Są one bardziej odżywcze i korzystniejsze dla zębów dzieci niż wody sodowe, chipsy lub słodycze.

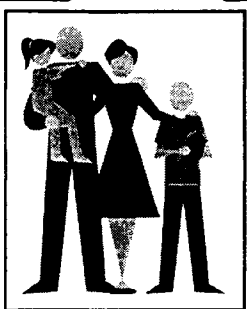
- 6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Codzienna aktywność fizyczna jest istotna dla dzieci i zapewnia rozwój silnego i zdrowego ciała.

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**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Żelazo ułatwia organizmowi produkcję energii. Znajduje się ono w czerwonym mięsie, drobiu, rybie i suszonym grochu.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Marchew, szpinak oraz inne owoce i warzywa są bogate w witaminy A i C. Witamina A jest istotna dla dobrego wzroku i zdrowej skóry. Witamina C utrzymuje zdrowy stan dziąseł i chroni przed infekcją.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

Energia jest ważnym elementem zdrowia i pochodzi z takich źródeł jak m.in. chleba, ryża, kasz i makaronu.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Wybermy zdrowe przekąski, np. owoce, warzywa, produkty mleczne i orzechy. Są one bardziej odżywcze i korzystniejsze dla zębów dzieci niż wody sodowe, chipsy lub słodycze.

**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

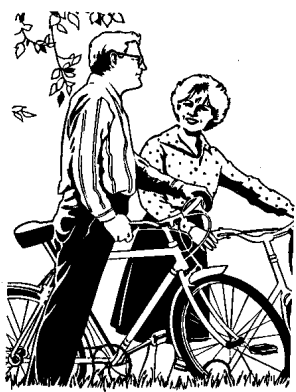
Codzienna aktywność fizyczna jest istotna dla dzieci i zapewnia rozwój silnego i zdrowego ciała.

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# **Better Nutrition for Mature Adults**

## **Uma nutrição melhor para os adultos na terceira idade**

**1. Drink 6 - 8 glasses of water every day.**

**1. Beba 6 a 8 copos de água todos os dias.**

**2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.**

**2. Coma alimentos ricos em cálcio, tal como o leite, queijo, iogurte, peixe com espinhas e verduras e legumes de folhas verde escuras, como o brócolis. O cálcio é importante para manter os ossos fortes.**

**3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.**

**3. Ingira bastante vitamina A e C ao comer frutas e verduras e legumes frescos, tais como cenouras e laranjas. A vitamina A é boa para os olhos e pele. A vitamina C mantém as gengivas saudáveis e evita infecções.**

**4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.**

**4. Coma alimentos com alto teor de ferro, que ajuda o corpo a usar a energia. O ferro é encontrado em carnes vermelhas, aves, peixe e feijões secos.**

**5. Include meats, seafood, and poultry in your diet to protect against zinc deficiency. Zinc helps wounds heal faster.**

**5. Inclua carnes, frutos do mar e aves em sua dieta para lhe proteger contra a deficiência de zinco. O zinco contribui para uma cicatrização mais rápida.**

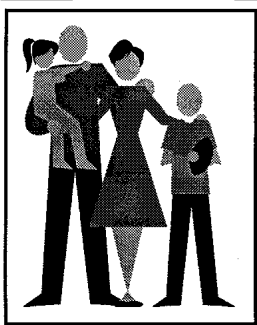
**6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.**

**6. Pratique atividade física regular. Atividade ao ar livre é melhor, pois o corpo pode produzir vitamina D com a ajuda do sol.**

Portuguese Language Version

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# **Better Health Begins With You!**

## **Uma melhor saúde começa com você!**

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Coma 6 a 11 pequenas porções de pão com baixo teor de gordura, cereais, arroz ou massas diariamente. Por exemplo, prefira aveia para o café da manhã, um sanduíche para o almoço e arroz simples para o jantar.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Coma 5 porções diárias de frutas e verduras e legumes. Por exemplo, beba suco de laranja no café da manhã, coma uma salada de almoço, e para o jantar, vagem, batatas cozidas e uva.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Beba pelo menos 8 copos de água fresca e pura diariamente.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Coma carnes magras e com baixo teor de gordura, tal como frango ou peixe.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Prefira produtos de laticínio com baixo teor de gordura ou desnatados, tal como leite desnatado e *frozen iogurte*.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Limite o consumo de doces e bebidas alcoólicas.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Pratique alguma forma de atividade física todos os dias. Caminhe, dance ou jogue.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Use óleo vegetal ou óleo de canola para cozinhar em vez de banha ou gordura animal. Os óleos vegetais são melhores para você, pois não contêm colesterol.

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# Good Food for Kids

## Melhores alimentos para crianças

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

1. O cálcio é necessário para o desenvolvimento e crescimento dos ossos. Ele é encontrado em leite, iogurte, peixe com espinhas e verduras e legumes verde escuros, tal como o brócolis.

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

2. O ferro ajuda o corpo a produzir energia. É encontrado em carnes vermelhas, aves, peixe e feijões secos.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

3. Cenouras, espinafre e outras frutas e verduras e legumes contêm alto teor de vitamina A e vitamina C. A vitamina A é importante para uma boa visão e pele saudável. A vitamina C ajuda a manter as gengivas saudáveis e protege contra infecção.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

4. A energia é muito importante e ela vem de pães, arroz, cereais e massas.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

5. Prefira lanches saudáveis, tais como frutas, verduras e legumes, produtos laticínios e nozes. Eles são mais nutritivos e melhores para os dentes das crianças do que refrigerantes, batatas fritas e doces.

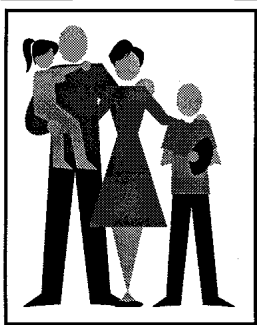
**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

6. Atividade física diária é importante para a criança, para que seu corpo cresça forte e saudável.

Portugese Language Version

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# **Better Health Begins With You!**

## **Uma melhor saúde começa com você!**

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Coma 6 a 11 pequenas porções de pão com baixo teor de gordura, cereais, arroz ou massas diariamente. Por exemplo, prefira aveia para o café da manhã, um sanduíche para o almoço e arroz simples para o jantar.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Coma 5 porções diárias de frutas e verduras e legumes. Por exemplo, beba suco de laranja no café da manhã, coma uma salada de almoço, e para o jantar, vagem, batatas cozidas e uva.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Beba pelo menos 8 copos de água fresca e pura diariamente.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Coma carnes magras e com baixo teor de gordura, tal como frango ou peixe.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Prefira produtos de laticínio com baixo teor de gordura ou desnatados, tal como leite desnatado e *frozen iogurte*.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Limite o consumo de doces e bebidas alcoólicas.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Pratique alguma forma de atividade física todos os dias. Caminhe, dance ou jogue.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Use óleo vegetal ou óleo de canola para cozinhar em vez de banha ou gordura animal. Os óleos vegetais são melhores para você, pois não contêm colesterol.

Portuguese Language Version

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# Good Food for Kids

## Melhores alimentos para crianças

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

1. O cálcio é necessário para o desenvolvimento e crescimento dos ossos. Ele é encontrado em leite, iogurte, peixe com espinhas e verduras e legumes verde escuros, tal como o brócolis.

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

2. O ferro ajuda o corpo a produzir energia. É encontrado em carnes vermelhas, aves, peixe e feijões secos.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

3. Cenouras, espinafre e outras frutas e verduras e legumes contêm alto teor de vitamina A e vitamina C. A vitamina A é importante para uma boa visão e pele saudável. A vitamina C ajuda a manter as gengivas saudáveis e protege contra infecção.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

4. A energia é muito importante e ela vem de pães, arroz, cereais e massas.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

5. Prefira lanches saudáveis, tais como frutas, verduras e legumes, produtos laticínios e nozes. Eles são mais nutritivos e melhores para os dentes das crianças do que refrigerantes, batatas fritas e doces.

**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

6. Atividade física diária é importante para a criança, para que seu corpo cresça forte e saudável.

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# Better Health Begins With You!

## O mai bună sănătate depinde de dumneavoastră!

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Consumați zilnic între 6-11 porții mici de pâine cu puțină grăsime, cereale, orez sau paste făinoase. De exemplu, alegeți făină de ovăz pentru micul dejun, un sandviș pentru masa de prânz și orez simplu pentru cină.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Consumați zilnic 5 porții de fructe și legume. De exemplu, puteți consuma suc de portocale pentru micul dejun, salată pentru masa de prânz și fasole verde, cartofi fierți și struguri pentru cină.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Consumați zilnic cel puțin 8 pahare de apă curată și proaspătă.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Consumați carne fără sau cu puțină grăsime, cum ar fi carnea de pasăre sau peștele.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Alegeți produse lactate fără sau cu puțină grăsime, cum ar fi laptele fără caimac sau iaurtul congelat.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Reduceți consumul de dulciuri și băuturi alcoolice.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Luați parte zilnic la diferite activități fizice. Plimbați-vă, dansați sau participați la jocuri.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

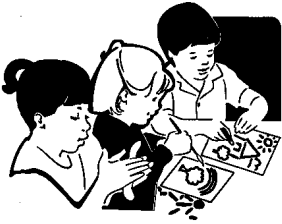
8. Folosiți pentru gătit uleiuri vegetale sau ulei de canola în locul grăsimilor și unturilor de origine animalieră. Uleiurile vegetale sunt mai sănătoase pentru organism fiindcă nu conțin colesterol.

Romanian Language Version

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# **Good Food for Kids**

## **Alimentație corespunzătoare copiilor**

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

1. Calciul este necesar pentru dezvoltarea oaselor și creșterii copilului. Îl găsim în lapte, iaurt, pește cu schelet și câteva legume precum conopida italiană.

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

2. Fierul ajută organismul în producerea energiei. Se găsește în carnea rumenă, carnea de pasăre, în pește și fasolea uscată.

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

3. Morcovii, spanacul, alte fructe și legume au un conținut ridicat de vitamina A și vitamina C. Vitamina A este primordială pentru aspectul și sănătatea bună a pielii. Vitamina C menține gingia sănătoasă și o protejează împotriva infecțiilor.

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

4. Energia este importantă și provine din pâine, orez, cereale și paste făinoase.

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

5. Consumați gustări sănătoase, cum ar fi fructele, legumele, produsele lactate, nuci, alune, migdale, etc. Acestea sunt mai hrănitoare și mai sănătoase pentru dinții copiilor decât băuturile răcoritoare carbogazoase, cartofii prăjiți și dulciurile.

**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

6. Corpul copiilor va deveni mai puternic și mai sănătos prin activități fizice practicate zilnic.

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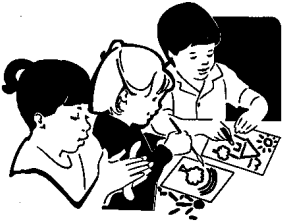
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# **Good Food for Kids**

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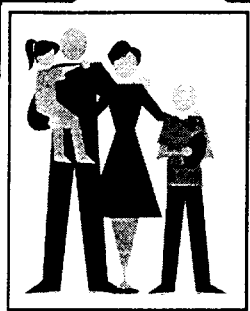
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# **Better Health Begins With You!**

## **Закладывайте сами фундамент своего здоровья!**

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Кушайте каждый день от 6 до 11 небольших порций хлеба с низким содержанием жира, каши или других зерновых продуктов, риса или макаронных изделий. Например, возьмите себе на завтрак овсяную кашу, днем съешьте сандвич, а для вечернего обеда выберите простой рис.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Кушайте каждый день 5 порций фруктов и овощей. Например, Вы можете выпить за завтраком апельсиновый сок, съесть днем салат, включить в свой обед немного зеленого горошка или стручковой фасоли, а также отварного картофеля, а в качестве основного блюда взять для обеда виноград.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Пейте ежедневно не меньше 8 стаканов чистой свежей воды.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Кушайте нежирное, например куриное, мясо или рыбу.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Употребляйте молочные продукты с низким содержанием жира или обезжиренные, такие как снятое молоко и замороженный йогурт.

- 6. Limit your intake of sweets and alcoholic beverages.**

Ограничьте употребление сладостей и спиртных напитков.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Занимайтесь каждый день какой-нибудь физической деятельностью. Гуляйте, танцуйте или играйте в подвижные игры.

- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Используйте для приготовления пищи растительное масло, в частности масло "кенола", вместо лярда или животного жира. Растительное масло полезнее для Вас, так как в нем нет холестерина.

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# Good Food for Kids

## Здоровая пища для детей

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

Для создания и роста костей необходим кальций. Он содержится в молоке, йогурте, рыбе с костями и в некоторых темно-зеленых овощах, таких как брокколи.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

Железо помогает телу производить и использовать энергию. Оно находится в красном мясе, курятине, рыбе и сушеных бобах.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

Морковь, шпинат и другие овощи, а также фрукты богаты витамином А и витамином С. Витамин А важен для хорошего зрения и здоровой кожи, а витамин С поддерживает десны в здоровом состоянии и защищает от инфекции.

4. Energy is important and comes from breads, rice, cereal, and pasta.

Энергия важна для здоровья. Дети получают ее из хлеба разного сорта, риса, зерновых продуктов и макаронных изделий.

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Выбирайте здоровую пищу для легкой закуски, такую как фрукты, овощи, молочные продукты и орехи. Они более питательны и лучше для детских зубов, чем газированные напитки, сухой хрустящий картофель и сладости.

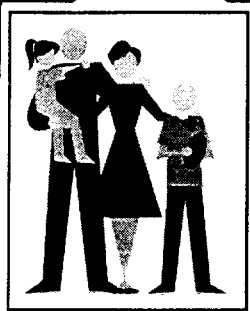
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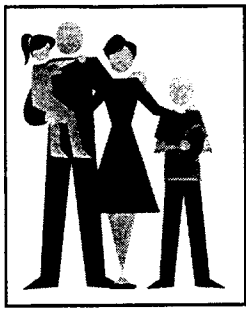
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# Better Health Begins With You!

## Caafimaad wanaagsan adiga ayuu kaa bilowdaa.

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Cun lix ilaa iyo kowiyo toban cunto ay ku yartahay baruurta iyocunto ka kooban sereal, bariis, ama baasto. Tusaale: Qamadi ku quraaco, saandwij ku qadee, bariis cadna ku cashee.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Maalinkasta waxaa cuntaa shan nooc oo khudrad ah oo kala duwan. Sidoo kale waxaa cabtaa liin xaali la miiray (orange juice) quraacda, qadadana waxaa cuntaa khudrad, cashadana waxaa cuntaa digirta cagaaran iyo bataati la kariyey iyo canab.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Cab ilaa sideed koob oo biyo nadiif ah.

4. **Eat lean, low-fat meats, such as chicken or fish.**

Cun hilib baruur yar sida doorada iyo mallayga.

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Waxaa cabtaa caanaha ay ku yartahay subagga.

6. **Limit your intake of sweets and alcoholic beverages.**

Yaree macmacaanka iyo cabitaanka khamriga.

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Jirkaagu wuxuu u baahanyahay dhaqdhaqaaq joogta ah sida socod, jimicsi, ciyaaro kala duwan.

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Cuntada ku karso saliidda laga miiray miraha dhirta waayo waxaa ku yar baruurta.

Somali Language Version

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# Good Food for Kids

## CUNTADA CURUURTA U FIICAN

1. **Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

Kaalshada waxay u fiicantahay koritaanka iyo dhismaha lafaha.

2. **Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Birta waxay jirka siisaa tamarta. Waxaana laga helaa hilibka jiirta ah, digaagga, mallayga iyo digirta cas.

3. **Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Dabacasaha (karootada) isbinaajada (kablaha) khudradda iyo cagaarka waxaa ku badan vitamiin A iyo vitamiin C. Vitamiin Adu waxay u roontahay aragga iyo maqaarka (jirka). Vitamiin Cdu waxay u roontahay kana ilaalsaa cirridka in uu bukado.

4. **Energy is important and comes from breads, rice, cereal, and pasta.**

Tamarta waa lagama maarmaan, waxaana laga helaa rootiga, bariiska, badarka iyo baastada.

5. **Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Intii ay caruurtu qaadan lahayd cabidda gassku kujiro (sodas), bataatiga qallalan (Chips) iyo macmacaanka waxaa ilmaha uga nafaga badan cuntada fudud (snacks) sida khudradda, cagaarka, waxyaabaha caanaha laga sameeyo (farmaajada) iyo lowska.

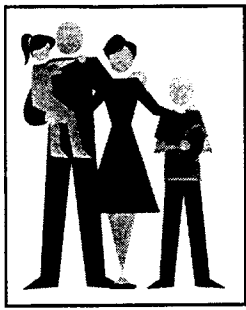
6. **Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Dhaqdhaqaaqa caruurta jirkooda waa lagamamaarman, waayo waxaa ku koraya jirkooda.

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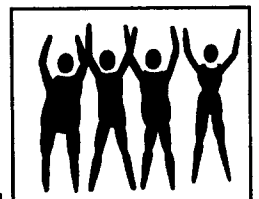
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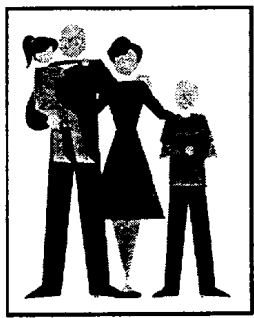
6. **Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

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# **Better Health Begins With You!**

## **¡Una Mejor Salud Comienza con Usted!**

- 1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Coma de 6 a 11 porciones pequeñas de pan bajo en grasa, cereal, arroz o fideos diariamente. Por ejemplo, escoga cereal para el desayuno, un "sandwich" para el almuerzo, y arroz para la cena.

- 2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Coma 5 porciones de frutas y verduras cada día. Por ejemplo, tome jugo de naranja en el desayuno, coma una ensalada en el almuerzo, coma algunas habas verdes, papas hervidas y uvas frescas en la cena.

- 3. Drink at least 8 glasses of pure, fresh water every day.**

Tome por lo menos 8 vasos de agua pura diariamente.

- 4. Eat lean, low-fat meats, such as chicken or fish.**

Coma carnes que son bajas en grasa, tal como pollo y pescado.

- 5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Escoga productos lácteos bajos en grasa o sin grasa, tal como leche descremada y yogurt congelado.

- 6. Limit your intake of sweets and alcoholic beverages.**

Limite la ingestion de dulces y bebidas alcohólicas.

- 7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

Participe en algun actividad fisica diariamente. Tome una caminata, baile, o haga deportes.

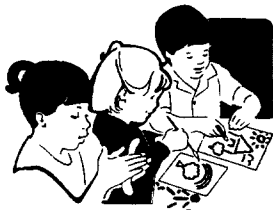
- 8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Utilice aceite vegetal o aceite canola en lugar de manteca. Los aceites vegetales son mejores para usted porque no contienen el colesterol.

### **Spanish Language Version**

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# Good Food for Kids

## Buena Alimentacion para Niños

- 1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

El calcio es necesario para crecimiento y el desarrollo de hueso. Se encuentra en leche, yogur, pescado y algunas verduras verdes oscuras, tales como brócoli.

- 2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

El hierro ayuda al cuerpo a producir energía. Se encuentra en carnes rojas, pollo, pescado y frijoles secos.

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Zanahorias, espinacas y otras frutas y verduras son ricas en Vitamina A y Vitamina C. Vitamina A es importante para la buena vista y una piel saludable. Vitamina C mantiene las encías saludables y le protege contra la infección.

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

La energía es muy importante y se encuentran en alimentos como el pan, arroz, cereal, y pasta.

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Escoga bocadillos saludables, tales como: frutas frescas, verduras, productos lácteos y nueces. Ellos son más nutritivos y mejores para los dientes de los niños que los refrescos, dulces y azúcares.

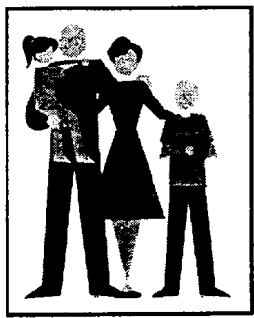
- 6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

La actividad física es importante para los niños, así sus cuerpos crecen fuertes y saludables.

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Participe en algun actividad fisica diariamente. Tome una caminata, baile, o haga deportes.

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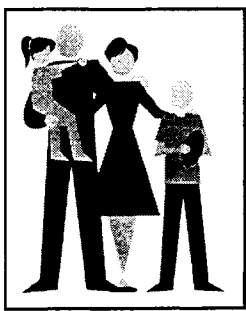
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# Better Health Begins With You!

## Afya Nzuri Inaanza na Wewe Mwenyewe

1. **Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

Kula mkate usio na mafuta au siagi nyingi nafaka mchele angalau mara 6-11 kwa siku. Kwa mfano kula nafaka mchanganyiko asubuhi, mchana kula sandwichi na wali kwa chakula cha jioni.

2. **Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

Kula matunda na mboga za majani ngalau mara 5 kila siku. Kwa mfano, unaweza kunywa maji ya machungwa asubuhi, mboga za majani mchana, na kwa chakula cha jioni unaweza kula maharagwe na viazi ulaya vilivyochemshwa, na pia mizabibu.

3. **Drink at least 8 glasses of pure, fresh water every day.**

Kunywa glasi 8 za maji safi kwa siku

4. **Eat lean, low-fat meats, such as chicken or fish.**

Kula nyama zisizo na mafuta mengi au nono sana kwa mfano kuku na samaki

5. **Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

Kunywa maziwa ya mgando au maziwa yasio na mafuta au siagi nyingi.

6. **Limit your intake of sweets and alcoholic beverages.**

Punguza matumizi ya vyakula vya sukari nyingi pamoja na vinwaji vinavyo levya

7. **Take part in some form of physical activity every day. Take a walk, dance, or play.**

Jitahidi kufanya mazoezi ya mwili kila siku. Kwa mfano kutembea, kudansi au michezo na kwata (mazoezi ya viungo vya mwili).

8. **Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

Tumia mafuta yatokanayo na mimea kwa kupikia, badala ya mafuta yatokanayo na wanyama ili kuepukana na kolestro.

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- 2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

Madini aina chuma husaidia mwili kutoa nguvu. Yanaweza kupatikana kwenye vyakula kama nyama nyekundu, kuku, samaki na maharagwe makavu.

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Karoti, spinachi na matunda mengineyo yanayo kiwango cha juu sana cha vitamini A na C. Vitamini A ni nzuru kwa macho kuona vizuri na kuweka ngozi ya mwili kuwa nyororo. Vitamini C inasaidia kukinga maradhi yasizia dhiri vizi za macho.

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

Nguvu ni muhimu na inatokana na vyakula vya nafaka mkate, mchele na pasta.

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Chagua asusa zenye afya ka mfano matunda, mboga za majani, bidhaa zitokanazo na mifugo na mbegu za mafuta. Vyakula hivi vina lishe nzuri na havihatanishi uimara wa meno ya watoto kama vile soda, peremende na vyakula vienye sukari nyingi kama keki na chips.

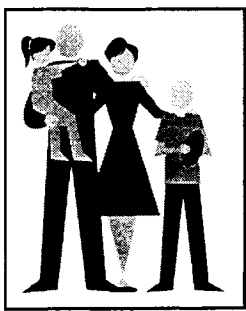
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Mazoezi ya viungo na mwili kwa watoto ni muhimu kwa afya na nguvu za miili yao inayokua.

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Madini aina chuma husaidia mwili kutoa nguvu. Yanaweza kupatikana kwenye vyakula kama nyama nyekundu, kuku, samaki na maharagwe makavu.

- 3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

Karoti, spinachi na matunda mengineyo yanayo kiwango cha juu sana cha vitamini A na C. Vitamini A ni nzuru kwa macho kuona vizuri na kuweka ngozi ya mwili kuwa nyororo. Vitamini C inasaidia kukinga maradhi yasizia dhiri vizi za macho.

- 4. Energy is important and comes from breads, rice, cereal, and pasta.**

Nguvu ni muhimu na inatokana na vyakula vya nafaka mkate, mchele na pasta.

- 5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

Chagua asusa zenye afya ka mfano matunda, mboga za majani, bidhaa zitokanazo na mifugo na mbegu za mafuta. Vyakula hivi vina lishe nzuri na havihatanishi uimara wa meno ya watoto kama vile soda, peremende na vyakula vienye sukari nyingi kama keki na chips.

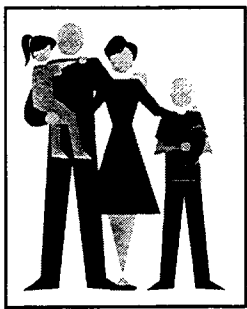
- 6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

Mazoezi ya viungo na mwili kwa watoto ni muhimu kwa afya na nguvu za miili yao inayokua.

### Swahili Language Version

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service. For more information call (404) 651-2542.





# Better Health Begins With You!

## สุขภาพที่ดีขึ้นเริ่มต้นที่คุณ

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

รับประทานขนมปังไขมันต่ำ, ซีเรียล, ข้าว, หรือเส้นพาสต้า 6-11 ที่ในแต่ละวัน เช่น  
เลือกข้าวโอ๊ตสำหรับมื้อเช้า, แซนวิชสำหรับมื้อกลางวัน, และข้าวสวยสำหรับมื้อเย็น

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

รับประทานผักและผลไม้ 5 ที่ ทุกวัน เช่น ดื่มน้ำส้มคั้นสำหรับมื้อเช้า, สลัดสำหรับมื้อกลางวัน  
ส่วนมื้อเย็นรับประทานถั่วเขียว, มันฝรั่งต้ม, และองุ่น

3. Drink at least 8 glasses of pure, fresh water every day.

ดื่มน้ำสะอาดอย่างน้อย 8 แก้วทุกวัน

4. Eat lean, low-fat meats, such as chicken or fish.

รับประทานเนื้อที่มีไขมันต่ำ เช่น ไก่หรือปลา

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

เลือกผลิตภัณฑ์นมที่มีไขมันต่ำหรือปราศจากไขมัน เช่น นมไขมันต่ำ และ โยเกิร์ตแช่แข็ง

6. Limit your intake of sweets and alcoholic beverages.

จำกัดการบริโภคของหวานและเครื่องดื่มมีแอลกอฮอล์

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ออกกำลังกายเป็นประจำทุกวัน เช่น เดิน, เต้นรำ, หรือ เล่นกีฬา

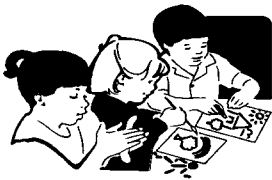
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ใช้น้ำมันพืชหรือน้ำมันคาโนลาแทนน้ำมันจากไขมันสัตว์ในการประกอบอาหาร  
เพราะน้ำมันพืชไม่มีคอเลสเตอรอลผสมอยู่

Thai Language Version

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# Good Food for Kids

## อาหารที่ดีสำหรับเด็ก

**1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.**

แคลเซียมจำเป็นสำหรับการเติบโตและพัฒนาการทางกระดูก ซึ่งพบมากในนม, โยเกิร์ต, ปลาที่มีกระดูก, และผักใบสีเขียวแก่ เช่น บรอกคอลลี

**2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.**

แร่เหล็กช่วยร่างกายในการสร้างพลังงาน ซึ่งพบได้ในเนื้อสีแดง, สัตว์ปีก, ปลา และถั่ว

**3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.**

วิตามินเอและวิตามินซีมีมากในแครอท, ผักขม, ผลไม้ และผัก วิตามินเอสำคัญต่อการมีสายตาและผิวหนังที่ดี วิตามินซีช่วยให้เหงือกแข็งแรงและป้องกันการติดเชื้อ

**4. Energy is important and comes from breads, rice, cereal, and pasta.**

พลังงานเป็นสิ่งสำคัญ ซึ่งพบมากในขนมปัง, ข้าว, ซีเรียล, และเส้นพาสต้า

**5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.**

เลือกรับประทานของว่างที่มีประโยชน์ เช่น ผลไม้, ผัก, ผลิตภัณฑ์นม และถั่ว สิ่งเหล่านี้มีคุณค่าทางอาหาร และเหมาะสมสำหรับฟันของเด็กมากกว่าโซดา, ขนมคบเคี้ยว และของหวาน

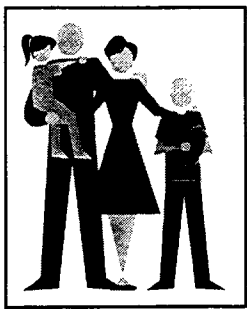
**6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.**

การออกกำลังกายในแต่ละวันเป็นสิ่งสำคัญสำหรับเด็ก ซึ่งจะช่วยให้เขาเติบโตอย่างแข็งแรง และมีสุขภาพที่สมบูรณ์

### Thai Language Version

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# Better Health Begins With You!

## สุขภาพที่ดีขึ้นเริ่มต้นที่คุณ

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

รับประทานขนมปังไขมันต่ำ, ซีเรียล, ข้าว, หรือเส้นพาสต้า 6-11 ที่ในแต่ละวัน เช่น เลือกข้าวโอ๊ตสำหรับมื้อเช้า, แซนวิชสำหรับมื้อกลางวัน, และข้าวสวยสำหรับมื้อเย็น

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

รับประทานผักและผลไม้ 5 ที่ ทุกวัน เช่น ดื่มน้ำส้มคั้นสำหรับมื้อเช้า, สลัดสำหรับมื้อกลางวัน ส่วนมื้อเย็นรับประทานถั่วเขียว, มันฝรั่งต้ม, และองุ่น

3. Drink at least 8 glasses of pure, fresh water every day.

ดื่มน้ำสะอาดอย่างน้อย 8 แก้วทุกวัน

4. Eat lean, low-fat meats, such as chicken or fish.

รับประทานเนื้อที่มีไขมันต่ำ เช่น ไก่หรือปลา

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

เลือกผลิตภัณฑ์นมที่มีไขมันต่ำหรือปราศจากไขมัน เช่น นมไขมันต่ำ และ โยเกิร์ตแช่แข็ง

6. Limit your intake of sweets and alcoholic beverages.

จำกัดการบริโภคของหวานและเครื่องดื่มมีแอลกอฮอล์

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ออกกำลังกายเป็นประจำทุกวัน เช่น เดิน, เต้นรำ, หรือ เล่นกีฬา

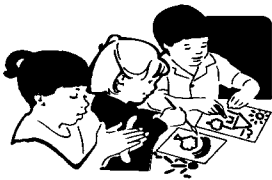
8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ใช้น้ำมันพืชหรือน้ำมันคาโนลาแทนน้ำมันจากไขมันสัตว์ในการประกอบอาหาร เพราะน้ำมันพืชไม่มีคอเลสเตอรอลผสมอยู่

Thai Language Version

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# Good Food for Kids

## อาหารที่ดีสำหรับเด็ก

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

แคลเซียมจำเป็นสำหรับการเติบโตและพัฒนาการทางกระดูก ซึ่งพบมากในนม, โยเกิร์ต, ปลาที่มีกระดูก, และผักใบสีเขียวแก่ เช่น บรอกคอลลี

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

แร่เหล็กช่วยร่างกายในการสร้างพลังงาน ซึ่งพบได้ในเนื้อสีแดง, สัตว์ปีก, ปลา และถั่ว

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

วิตามินเอและวิตามินซีมีมากในแครอท, ผักขม, ผลไม้ และผัก วิตามินเอสำคัญต่อการมีสายตาและผิวหนังที่ดี วิตามินซีช่วยให้เหงือกแข็งแรงและป้องกันการติดเชื้อ

4. Energy is important and comes from breads, rice, cereal, and pasta.

พลังงานเป็นสิ่งสำคัญ ซึ่งพบมากในขนมปัง, ข้าว, ซีเรียล, และเส้นพาสต้า

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

เลือกรับประทานของว่างที่มีประโยชน์ เช่น ผลไม้, ผัก, ผลิตภัณฑ์นม และถั่ว สิ่งเหล่านี้มีคุณค่าทางอาหาร และเหมาะสมสำหรับฟันของเด็กมากกว่าโซดา, ขนมคบเคี้ยว และของหวาน

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

การออกกำลังกายในแต่ละวันเป็นสิ่งสำคัญสำหรับเด็ก ซึ่งจะช่วยให้เขาเติบโตอย่างแข็งแรง และมีสุขภาพที่สมบูรณ์

### Thai Language Version

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# Better Health Begins With You!

## ዝህሉጽ ጥዕና ባሕርይ ይጀምር

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

እብ መፃልቲ ካብ 6 ጅሳብ 11 ዝተሓተ ሰቢሒ ዘለዎ ባሕርይ : እቲሊ : ሩዝ ወይ ካላ ፓሲታ ብላ :: ንመዘገብ ዝኣክል ከዎ እቲሊ ንቕርሲ : እምቡቲቶ ንምላሕ : ከዎኡ ውን ንዚይ ዝሰለሰ ሩዝ (ብዘይ ትመግ ትመም) ንድራር ምረጽ ::

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

እብ መፃልቲ ካብ 5 ዘይውሕድ ፍረ-ውጽኢት : ኣሕምልቲ ተመዝብ :: ንምጥቃስ ዝኣክል : ጽጂቕ ናይ ብርቱኢን እብ ግዜ ቅርሲ ምስታይ : ሰላግ እብ ግዜ ምላሕ ምብላይ : ከዎኡ ውን ባልደገጋን : ዝሰለሰ ድንቸን : ዘቢብን እብ ግዜ ድራር ምዝውታር ::

3. Drink at least 8 glasses of pure, fresh water every day.

ብዘዋሕደ እብ መፃልቲ 8 ብርጭቆ ጽፋይ ሚይ ምስታይ ::

4. Eat lean, low-fat meats, such as chicken or fish.

ዝወሓደ ሰቢሒ ዘለዎ ስጋ ብላ : ንኣብነት ከዎ ደርህ : ዓላ ::

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ዝወሓደ ወይካላ ሰቢሒ ዘይብሉ ናይ ጸባ ውጽኢት ምረጽ :: ንኣብነት ኣጅቦ : ከዎኡ ውን ድህሉል ርግላ ::

6. Limit your intake of sweets and alcoholic beverages.

ንእትወሰዶ ምቁር : ኣልኮሃል ዘለዎ መስተን ዓቕን ::

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

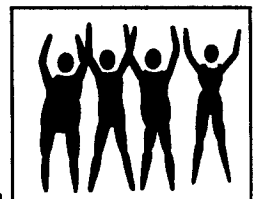
ናይ ሰውነት ምንቅሊቻስ እብ ዕለታዊ ናብራኻ ኣዘውትር :: ንኣብነት ከዎ ምኽድ : ምስላላይ : ከዎኡ ውን ምጽዋት ::

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ክትክሽን እንክሉኻ : እብ ክንዲ ካብ ናይ እንጎሳ : ካብ ናይ ኣሕምልቲ ዝወጸ ዘይቲ ተጠቀም : ምኽንያቱ ካብ ሰቢሒ ነጻ ብሙኳኑ ::

Tigrinian Language Version

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# Good Food for Kids

## ዝበለጸ ምግብ ንቕልዑ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

እዕጽምቲ ንኸድልድሉን ፡ ሰውነት ንኸህኑጽን ፡ ካልቡም የድልድም ። እዚ ካእ ካብ ጸባ ፡ ርግሕ ፡ ዓሳ ምስ ዓጽሙ ፡ እሕምልቲ ይርከቡ ። ንእብነት ከም እኒ ስደኖ ።

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ሓዲን (ኣደርን) ንሰውነት ሓዲሊ ንክፈጥር ይሕግዞ ። እዚ ካእ ፡ ካብ ቀይሕ ሰጋ ፡ እዕዋፍ-ዘቤት ፡ ዓሳ ፡ ከምኡ ውን ፡ ካብ ንቕጽ ባልደንጋ ንረኽቦ ።

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ካርቲ ፡ ስፒናች (ዕይነት ሓምሊ) ፡ ፍራ-ጽጂቶች ፡ ከምኡ ውን ፡ እሕምልቲ ፡ ዝለዓለ ቪታሚን-ኤይን ፡ ቪታሚን-ሲን ሓምሮ ይርከቡ ። ቪታሚን-ኤይ ፡ ዓይኒ ብቅነዕ ንኸርኢ ፡ ከምኡ ውን ጥዕና ዘለዎ ቆርቦት ንክህልዎ ይሕግዞን ። ቪታሚን-ሲ ካእ ፡ ጥዕና ዘለዎ ደርጊ ሰኒ ንክህልዎ ይሕግዞን ። ከምኡ ውን ካብ ዝሆነ እጥቃፂ ዓይነት ሕጻናት ፡ ንምክልኻል ይጠቓመክ ።

4. Energy is important and comes from breads, rice, cereal, and pasta.

ናይ ሰውነት ሓዲሊ ፡ ቀንዲ ተደላይ እዩ ። እዚ ካእ ካብ ባረ ፡ ፋዝ ፡ እኽሊ ፡ ከምኡ ውን ካብ ፓስታ ትረኽቦ ።

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ጥዕና ዝህቡ ጠፃሞት ምረጽ ። ንእብነት ከም እኒ ፍራ-ጽጂቶች ፡ እሕምልቲ ፡ ውጽኢት ናይ እዕዋፍ-ዘቤት ፡ ከምኡ ውን ፋል ። ንቕልዑ ዝጠቓሙ ብዙሕ ጥዕና ዝህቡ መግባታት ኣለው ። ካብ ንኣሰናኖም ዘጠጉ ዓይነት መግቢ ምሃብ ተቐጠብ ። ንእብነት ከም ቅልው-ድንኽ ፡ ኮረሚላ ፡ ከምኡ ውን ጋዝ ዘለዎም ምቁር መስተታት ።

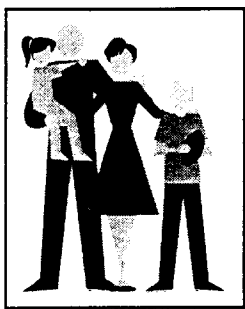
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

መዓልታዊ ናይ ሰውነት ምንቅስቃስ ንቕልዑ ኣድላይ እዩ። እዚ ካእ ፡ ሰውነትም ደልዲሉ ፡ ብጥዕና ንኸፃብዩ ይሕግዞም ።

Tigrinian Language Version

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# Better Health Begins With You!

## ዝህሉጽ ጥዕና ባሕርይ ይጀምር

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

እብ መፃልቲ ካብ 6 ጅሳብ 11 ዝተሓተ ስቢሒ ዘለዎ ባሕርይ : እቲሊ : ሩዝ ወይ ካላ ፓሲታ ብላ :: ንመዘኸሪ ዝኣክል ኮሞ እቲሊ ንቕርሲ : እምቡቲቶ ንምላሕ : ኮሞኡ ውን ንዚይኑ ዝበሰሰ ሩዝ (ብዘይ ትመግ ትመም) ንድራር ምረጽ ::

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

እብ መፃልቲ ካብ 5 ዘይውሕድ ፍረ-ውጽኢት : ኣሕምልቲ ተመዝብ :: ንምጥቃስ ዝኣክል : ጽጂቕ ናይ ብርቱኢን እብ ግዜ ቅርሲ ምስታይ : ሰላግ እብ ግዜ ምላሕ ምብላይ : ኮሞኡ ውን ባልደገጋን : ዝበሰሰ ድንቸን : ዘቢብን እብ ግዜ ድራር ምዝውታር ::

3. Drink at least 8 glasses of pure, fresh water every day.

ብዘዋሕደ እብ መፃልቲ 8 ብርጭቆ ጽፋይ ሚይ ምስታይ ::

4. Eat lean, low-fat meats, such as chicken or fish.

ዝወሓደ ስቢሒ ዘለዎ ስጋ ብላ : ንኣብነት ኮሞ ደርህ : ዓላ ::

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

ዝወሓደ ወይካላ ስቢሒ ዘይብሉ ናይ ጸባ ውጽኢት ምረጽ :: ንኣብነት ኣጅቦ : ኮሞኡ ውን ድስኩል ርግላ ::

6. Limit your intake of sweets and alcoholic beverages.

ንእትወስዶ ምቁር : ኣልኮሃል ዘለዎ መስተን ዓቕን ::

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

ናይ ሰውነት ምንቅሊቻስ እብ ዕለታዊ ናብራኻ ኣዘውትር :: ንኣብነት ኮሞ ምኽድ : ምስላላይ : ኮሞኡ ውን ምጽዋት ::

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ክትክሸን እንክሉኻ : እብ ክንዲ ካብ ናይ እንጎሳ : ካብ ናይ ኣሕምልቲ ዝወጸ ዘይቲ ተጠቀም : ምኽንያቱ ካብ ስቢሒ ነጻ ብሙጂኑ ::

Tigrinian Language Version

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# Good Food for Kids

## ዝበለጸ ምግብ ንቕልዑ

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

እዕጽምቲ ንኸድልድሉን ፡ ሰውነት ንኸህኑጽን ፡ ካልቡም የድልድም ። እዚ ካእ ካብ ጸባ ፡ ርግሕ ፡ ዓሳ ምስ ዓጽሙ ፡ እሕምልቲ ይርከቡ ። ንእብነት ከም እኒ ስደኖ ።

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

ሓዲን (ኣደርን) ንሰውነት ሓዲሊ ንክፈጥር ይሕግዞ ። እዚ ካእ ፡ ካብ ቀይሕ ሰጋ ፡ እዕዋፍ-ዘቤት ፡ ዓሳ ፡ ከምኡ ውን ፡ ካብ ንቕጽ ባልደንጋ ንረኽቦ ።

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

ካርቲ ፡ ስፒናች (ዕይነት ሓምሊ) ፡ ፍራ-ጽጂቶች ፡ ከምኡ ውን ፡ እሕምልቲ ፡ ዝለዓለ ቪታሚን-ኤይን ፡ ቪታሚን-ሲን ሓምሮ ይርከቡ ። ቪታሚን-ኤይ ፡ ዓይኒ ብቅነዕ ንኸርኢ ፡ ከምኡ ውን ጥዕና ዘለዎ ቆርብት ንክህልወካ ይሕግዞካ ። ቪታሚን-ሲ ካእ ፡ ጥዕና ዘለዎ ደርጊ ሰኒ ንክህልወካ ይሕግዞካ ። ከምኡ ውን ካብ ዝሆነ እጥቃዒ ዓይነት ሕጻናት ፡ ንምክልኻል ይጠቓመካ ።

4. Energy is important and comes from breads, rice, cereal, and pasta.

ናይ ሰውነት ሓዲሊ ፡ ቀንዲ ተደላይ እዩ ። እዚ ካእ ካብ ባሕር ፡ ሩዝ ፡ እኽሊ ፡ ከምኡ ውን ካብ ፓስታ ትረኽቦ ።

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

ጥዕና ዝህቡ ጠጥቶች ምረጽ ። ንእብነት ከም እኒ ፍራ-ጽጂቶች ፡ እሕምልቲ ፡ ውጽኢት ናይ እዕዋፍ-ዘቤት ፡ ከምኡ ውን ፋል ። ንቕልዑ ዝጠቓሙ ብዙሕ ጥዕና ዝህቡ መግባታት ኣለው ። ካብ ንኣሰናኖም ዘጠሙ ዓይነት መግቢ ምሃብ ተቐጠብ ። ንእብነት ከም ቅልው-ድንኽ ፡ ኮረሚላ ፡ ከምኡ ውን ጋዝ ዘለዎም ምቁር መስተታት ።

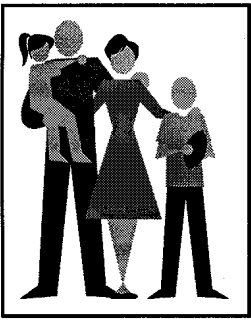
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

መዓልታዊ ናይ ሰውነት ምንቅስቃስ ንቕልዑ ኣድላይ እዩ። እዚ ካእ ፡ ሰውነትም ደልዲሉ ፡ ብጥዕና ንኸገብዩ ይሕግዞም ።

Tigrinian Language Version

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# Better Health Begins With You!

## Daha İyi Sağlık Sizinle Başlar!

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Az yağlı ekmek, tahıl, pirinç ve makarna grubundan her gün 6-11 küçük porsiyon yiyin. Örneğin, kahvaltıda yulaf unu, öğle yemeğinde sandviç, akşam yemeğinde sade pilav yiyebilirsiniz.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Her gün sebze ve meyve grubundan 5 porsiyon yiyin. Örneğin, kahvaltıda portakal suyu içebilir, öğle yemeğinde salata yiyebilir, akşam yemeğinde de taze fasulye, kaynamış patates ve üzüm yiyebilirsiniz.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Her gün 8 bardak taze sade su için.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Tavuk ve balık gibi yağsız ve az yağlı etler yiyin.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Yağı alınmış süt ve dondurulmuş yoğurt (dondurma yerine) gibi az yağlı ya da yağı alınmış süt ürünlerini seçin.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Tatlıları ve alkolik içecekleri sınırlayın.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Her gün bir beden etkinliğine katılın. Yürüyüş yapın, dans edin veya oynayın.

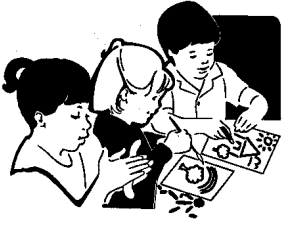
**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Yemeklerinizde domuz yağı veya herhangi bir hayvan yağı yerine ayçiçeği yağı veya herhangi bir sebze yağı kullanın. Sebze yağı kolesterol içermediğinden sağlığınız için daha iyidir.

Turkish Language Version

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# Good Food for Kids

## Çocuklar İçin İyi Yiyecekler

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Kalsiyum kemik gelişmesi ve büyüme için gereklidir. Kalsiyum süt, yoğurt, kılçıklı balık ve kara lahana gibi koyu yeşil sebzelerde bulunur.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Demir vücudun enerji üretimine yardım eder. Demir kırmızı ette, tavukta, balıkta ve hububatta bulunur.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Havuç, ıspanak ve diğer sebzeler ve meyveler, A Vitamini ve C Vitamini açısından zengindir. A Vitamini iyi görme ve sağlıklı cilt için önemlidir. C Vitamini diş etlerini iltihaba karşı koruyarak sağlıklı kalmalarını sağlar.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Enerji önemlidir ve ekmek, pirinç, tahıl ve makarnadan sağlanır.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Mideyi bastırmak için meyve, sebze, süt ürünleri, fındık fıstık gibi sağlıklı yiyecekler seçin. Bu yiyecekler daha besleyici olup ayrıca çocukların dişleri için meşrubat, çıtırdak ve tatlılardan daha iyidir.

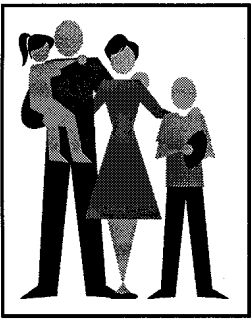
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Günlük beden etkinliği çocukların bedenlerinin güçlü ve sağlıklı gelişmesi için önemlidir.

Turkish Language Version

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1. Az yağlı ekmek, tahıl, pirinç ve makarna grubundan her gün 6-11 küçük porsiyon yiyin. Örneğin, kahvaltıda yulaf unu, öğle yemeğinde sandviç, akşam yemeğinde sade pilav yiyebilirsiniz.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Her gün sebze ve meyve grubundan 5 porsiyon yiyin. Örneğin, kahvaltıda portakal suyu içebilir, öğle yemeğinde salata yiyebilir, akşam yemeğinde de taze fasulye, kaynamış patates ve üzüm yiyebilirsiniz.

**3. Drink at least 8 glasses of pure, fresh water every day.**

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4. Tavuk ve balık gibi yağsız ve az yağlı etler yiyin.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Yağı alınmış süt ve dondurulmuş yoğurt (dondurma yerine) gibi az yağlı ya da yağı alınmış süt ürünlerini seçin.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Tatlıları ve alkolik içecekleri sınırlayın.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Her gün bir beden etkinliğine katılın. Yürüyüş yapın, dans edin veya oynayın.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Yemeklerinizde domuz yağı veya herhangi bir hayvan yağı yerine ayçiçeği yağı veya herhangi bir sebze yağı kullanın. Sebze yağı kolesterol içermediğinden sağlığınız için daha iyidir.

Turkish Language Version

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# Good Food for Kids

## Çocuklar İçin İyi Yiyecekler

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Kalsiyum kemik gelişmesi ve büyüme için gereklidir. Kalsiyum süt, yoğurt, kılçıklı balık ve kara lahana gibi koyu yeşil sebzelerde bulunur.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Demir vücudun enerji üretimine yardım eder. Demir kırmızı ette, tavukta, balıkta ve hububatta bulunur.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Havuç, ıspanak ve diğer sebzeler ve meyveler, A Vitamini ve C Vitamini açısından zengindir. A Vitamini iyi görme ve sağlıklı cilt için önemlidir. C Vitamini diş etlerini iltihaba karşı koruyarak sağlıklı kalmalarını sağlar.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Enerji önemlidir ve ekmek, pirinç, tahıl ve makarnadan sağlanır.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Mideyi bastırmak için meyve, sebze, süt ürünleri, fındık fıstık gibi sağlıklı yiyecekler seçin. Bu yiyecekler daha besleyici olup ayrıca çocukların dişleri için meşrubat, çıtırdak ve tatlılardan daha iyidir.

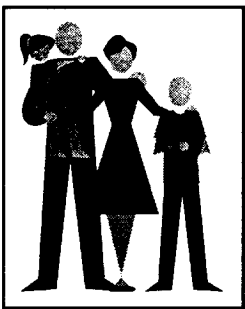
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Günlük beden etkinliği çocukların bedenlerinin güçlü ve sağlıklı gelişmesi için önemlidir.

Turkish Language Version

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# **Better Health Begins With You!**

## **Краще здоров'я починається з Вас!**

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Щоденно їжте від 6 до 11 невеликих страв з хліба з низьким вмістом жиру, каші, рису або макаронів. Наприклад, виберіть вівсяну кашу на сніданок, бутерброд на обід та чистий рис на вечерю.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Кожного дня їжте 5 порцій фруктів та овочів. Наприклад, Ви могли б випити помаранчевий сік на сніданок, з'їсти салат на обід, мати будь-які зелені бобові та відварену картоплю на вечерю та виноград - на вечерю.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Пийте, принаймні, по 8 склянок чистої питної води кожного дня.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Їжте пісне м'ясо з низьким вмістом жиру, таке як курка або риба.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Вибирайте молочні продукти з низьким вмістом жиру, такі як зняте молоко та заморожений йогурт.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Обмежте Ваше споживання солодощів та алкогольних напоїв.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Кожного дня виконуйте будь-який вид фізичної діяльності. Гуляйте пішки, танцюйте або беріть участь в іграх.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Використовуйте рослинну або соєву олію для готування їжі натомість сала або тваринного жиру. Рослинні олії більш кращі для Вас, тому що вони не містять холестерину.

Ukrainian Language Version

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## Good Food for Kids

# Добре харчування для дітей

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Кальцій необхідний для розвитку кісток та росту. Його можна знайти у молоці, йогурті, рибі з кістками та деяких видах темно-зелених овочів, таких як брокколі.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Залізо допомагає тілу виробляти енергію. Воно знаходиться у чорному м'ясі, птиці, рибі та сухих бобових.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Морква, шпинат та інші фрукти та овочі багаті на вітамін А та вітамін С. Вітамін А важливий для гарного зору та здорової шкіри. Вітамін С утримує Ваші ясна здоровими та захищає від інфекції.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Енергія є важливою; вона надходить від хліба, рису, круп та макаронних виробів.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Зробіть вибір на користь здорових закусок, таких як фрукти, овочі, молочні продукти та горіхи. Вони є більш багатими на живильні речовини та краще підходять для зубів дітей, ніж газовані напої, чіпси та солодощі.

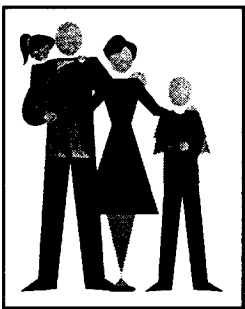
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Щоденна фізична діяльність є важливою для дітей, тому що вона допомагає, щоб їхні тіла росли сильними та здоровими.

Urkranian Language Version

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# **Better Health Begins With You!**

## **Краще здоров'я починається з Вас!**

**1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.**

1. Щоденно їжте від 6 до 11 невеликих страв з хліба з низьким вмістом жиру, каші, рису або макаронів. Наприклад, виберіть вівсяну кашу на сніданок, бутерброд на обід та чистий рис на вечерю.

**2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.**

2. Кожного дня їжте 5 порцій фруктів та овочів. Наприклад, Ви могли б випити помаранчевий сік на сніданок, з'їсти салат на обід, мати будь-які зелені бобові та відварену картоплю на вечерю та виноград - на вечерю.

**3. Drink at least 8 glasses of pure, fresh water every day.**

3. Пийте, принаймні, по 8 склянок чистої питної води кожного дня.

**4. Eat lean, low-fat meats, such as chicken or fish.**

4. Їжте пісне м'ясо з низьким вмістом жиру, таке як курка або риба.

**5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.**

5. Вибирайте молочні продукти з низьким вмістом жиру, такі як зняте молоко та заморожений йогурт.

**6. Limit your intake of sweets and alcoholic beverages.**

6. Обмежте Ваше споживання солодощів та алкогольних напоїв.

**7. Take part in some form of physical activity every day. Take a walk, dance, or play.**

7. Кожного дня виконуйте будь-який вид фізичної діяльності. Гуляйте пішки, танцюйте або беріть участь в іграх.

**8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.**

8. Використовуйте рослинну або соєву олію для готування їжі натомість сала або тваринного жиру. Рослинні олії більш кращі для Вас, тому що вони не містять холестерину.

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## Good Food for Kids

# Добре харчування для дітей

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

1. Кальцій необхідний для розвитку кісток та росту. Його можна знайти у молоці, йогурті, рибі з кістками та деяких видах темно-зелених овочів, таких як брокколі.

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

2. Залізо допомагає тілу виробляти енергію. Воно знаходиться у чорному м'ясі, птиці, рибі та сухих бобових.

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

3. Морква, шпинат та інші фрукти та овочі багаті на вітамін А та вітамін С. Вітамін А важливий для гарного зору та здорової шкіри. Вітамін С утримує Ваші ясна здоровими та захищає від інфекції.

4. Energy is important and comes from breads, rice, cereal, and pasta.

4. Енергія є важливою; вона надходить від хліба, рису, круп та макаронних виробів.

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

5. Зробіть вибір на користь здорових закусок, таких як фрукти, овочі, молочні продукти та горіхи. Вони є більш багатими на живильні речовини та краще підходять для зубів дітей, ніж газовані напої, чіпси та солодощі.

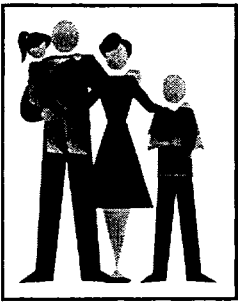
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

6. Щоденна фізична діяльність є важливою для дітей, тому що вона допомагає, щоб їхні тіла росли сильними та здоровими.

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# Better Health Begins With You!

## اچھی صحت کی ابتدا خود آپ ہی سے ہوتی ہے!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

کم چربی والی روٹی، سیریل، چاول اور پیسٹا کی ۶ سے ۱۱ تک چھوٹی چھوٹی خوراکیں روزانہ کھالیں۔ مثلاً ناشتہ

کے لئے اوٹ میل، نوپھر کو سینٹوچ، اور شام کے کھانے کے لئے سادہ چاول لے لیں۔

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

روزانہ پانچ خوراکیں پھلوں کی لیں۔ مثلاً ناشتے میں سنگترے کا رس، نوپھر کو سلاد، شام کو سبز پھلیاں یا ابالے ہوئے

آلو، اور رات کو انگور کھالیں۔

3. Drink at least 8 glasses of pure, fresh water every day.

روزانہ کم سے کم آٹھ گلاس تازہ صاف پانی پی لیں۔

4. Eat lean, low-fat meats, such as chicken or fish.

کم چربی والا گوشت مثلاً مرغ یا مچھلی استعمال کریں۔

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

دودھ جس میں سے مکھن نکالا گیا ہو یا یخ بستہ دہی جیسی کم چربی والی یا بنا چربی کی اشیا استعمال کریں۔

6. Limit your intake of sweets and alcoholic beverages.

مٹھائیوں اور شراب کا استعمال محدود کریں۔

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

روزانہ کسی طرح کی جسمانی ورزش کریں۔ مثلاً چہل قدمی، رقص یا کھیل کود

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

سور کی چربی یا حیوانی چربیوں کی بجائے سبزی کے تیل یا کینولا تیل کا استعمال کریں۔ سبزی کے تیل مفید

ہیں کیونکہ ان میں کولسٹرول (cholesterol) نہیں ہوتا ہے۔

Urdu Language Version

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# Better Nutrition for Mature Adults

## بالغوں کے لئے بہرپور غذا

### 1. Drink 6 - 8 glasses of water every day.

روزانہ چھ سے آٹھ گلاس تک پانی پی لیں۔

### 2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

ایسی غذائیں کھالیں جن میں کیلشیم کافی مقدار میں موجود ہو مثلاً دودھ، دہی، کانٹے والی مچھلی اور بعض کھری سبز ترکاریاں جیسے براکلی۔ کیلشیم ہڈیوں کی مضبوطی کے لئے ضروری ہے۔

### 3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

پھل اور سبزیاں جیسے گاجر اور سنگترے کھا کر وافر مقدار میں وٹامن A اور C حاصل کریں۔ وٹامن A آپ کی آنکھوں اور جلد کے لئے مفید ہے۔ وٹامن C مسوڑوں کی حفاظت کرتا ہے اور لاگ والی بیماریوں سے بچالیتا ہے۔

### 4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

ایس غذائیں کھائیں جن میں لوہے کی مقدار زیادہ ہو۔ اس سے جسم کو قوت استعمال کرنے میں مدد ملتی ہے۔ لوہا گوشت، مرغ، مچھلی اور خشک دالوں میں موجود ہوتا ہے۔

### 5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

گوشت، سمندری غذائیں اور مرغ خوراک میں شامل رکھیں تاکہ جست کی کمی نہ ہو جائے۔ جست سے زخم جلدی مندمل ہو جاتے ہیں۔

### 6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

باقاعدہ ورزش کرتے رہیں۔ گھر سے باہر ورزش کرنا زیادہ بہتر ہے کیونکہ جسم سورج کی روشنی میں وٹامن D بنا سکتا ہے۔

#### Urdu Language Version

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# Good Food for Kids

## بچوں کے لئے اچھی خوراک

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

جسم کے بڑھنے اور ہڈیوں کی بننے کے لئے کیلشیم ضروری ہے۔ یہ دودھ، دہی، کانتھن والی مچھلی، اور کچھ گہری سبز ترکاریوں مثلاً براکلی میں ہوتا ہے۔

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

لوہا جسم کو طاقت پیدا کرنے میں مدد دیتا ہے۔

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

کاجر، پالک اور دوسری ترکاریوں اور پھلوں میں وٹامن A اور C کی وافر مقدار ہوتی ہے۔ وٹامن A اچھی بینائی اور صحت مند جلد کے لئے اہم ہے۔ وٹامن C مسوڑوں کو صحت مند رکھتا ہے اور متعدی امراض سے بچالیتا ہے۔

4. Energy is important and comes from breads, rice, cereal, and pasta.

قوت اہم ہے اور یہ روٹی، چاول، سیریل اور پاسٹا سے حاصل ہوتی ہے۔

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

صحت مند ہلکی غذاؤں کا انتخاب کریں مثلاً پھل، سبزیاں، دودھ اور دودھ سے حاصل ہونے والی اشیاء، اور مغزیات (گریاں)۔ یہ چیزیں سوڈا، چپس (chips) اور مٹھائیوں سے زیادہ مقوی اور بچوں کے دانتوں کے لئے اچھی ہوتی ہیں۔

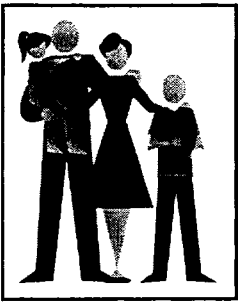
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

بچوں کی مضبوط اور صحت مند پرورش کے لیے جسمانی ورزش ضروری ہے۔

Urdu Language Version

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# Better Health Begins With You!

## اچھی صحت کی ابتدا خود آپ ہی سے ہوتی ہے!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

کم چربی والی روٹی، سیریل، چاول اور پیسٹا کی ۶ سے ۱۱ تک چھوٹی چھوٹی خوراکیں روزانہ کھالیں۔ مثلاً ناشتہ

کے لئے اوٹ میل، نوپھر کو سینٹوچ، اور شام کے کھانے کے لئے سادہ چاول لے لیں۔

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

روزانہ پانچ خوراکیں پھلوں کی لیں۔ مثلاً ناشتے میں سنگترے کا رس، نوپھر کو سلاد، شام کو سبز پھلیاں یا ابالے ہوئے

آلو، اور رات کو انگور کھالیں۔

3. Drink at least 8 glasses of pure, fresh water every day.

روزانہ کم سے کم آٹھ گلاس تازہ صاف پانی پی لیں۔

4. Eat lean, low-fat meats, such as chicken or fish.

کم چربی والا گوشت مثلاً مرغ یا مچھلی استعمال کریں۔

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

دودھ جس میں سے مکھن نکالا گیا ہو یا یخ بستہ دہی جیسی کم چربی والی یا بنا چربی کی اشیا استعمال کریں۔

6. Limit your intake of sweets and alcoholic beverages.

مٹھائیوں اور شراب کا استعمال محدود کریں۔

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

روزانہ کسی طرح کی جسمانی ورزش کریں۔ مثلاً چہل قدمی، رقص یا کھیل کود

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

سور کی چربی یا حیوانی چربیوں کی بجائے سبزی کے تیل یا کینولا تیل کا استعمال کریں۔ سبزی کے تیل مفید

ہیں کیونکہ ان میں کولسٹرول (cholesterol) نہیں ہوتا ہے۔

Urdu Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.





# Good Food for Kids

## بچوں کے لئے اچھی خوراک

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

جسم کے بڑھنے اور ہڈیوں کی بننے کے لئے کیلشیم ضروری ہے۔ یہ دودھ، دہی، کانتھن والی مچھلی، اور کچھ گہری سبز ترکاریوں مثلاً براکلی میں ہوتا ہے۔

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

لوہا جسم کو طاقت پیدا کرنے میں مدد دیتا ہے۔

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

کاجر، پالک اور دوسری ترکاریوں اور پھلوں میں وٹامن A اور C کی وافر مقدار ہوتی ہے۔ وٹامن A اچھی بینائی اور صحت مند جلد کے لئے اہم ہے۔ وٹامن C مسوڑوں کو صحت مند رکھتا ہے اور متعدی امراض سے بچالیتا ہے۔

4. Energy is important and comes from breads, rice, cereal, and pasta.

قوت اہم ہے اور یہ روٹی، چاول، سیریل اور پاسٹا سے حاصل ہوتی ہے۔

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

صحت مند ہلکی غذاؤں کا انتخاب کریں مثلاً پھل، سبزیاں، دودھ اور دودھ سے حاصل ہونے والی اشیاء، اور مغزیات (گریاں)۔ یہ چیزیں سوڈا، چپس (chips) اور مٹھائیوں سے زیادہ مقوی اور بچوں کے دانتوں کے لئے اچھی ہوتی ہیں۔

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

بچوں کی مضبوط اور صحت مند پرورش کے لیے جسمانی ورزش ضروری ہے۔

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